

A FREE BONUS

The Clarity Conversation Script



Word for word: how to ask a man where this is going — and stay calm through every answer he could possibly give, including “I need more time,” “you’re pressuring me,” and the silence.

No ultimatums. No games. No begging.

by Adaeze Nwosu

The Committed Queen

Why Most Women Get This Conversation Wrong

There is one conversation every woman in a situationship is terrified of. The one where you finally ask him: *what are we doing?* Most women avoid it for months, sometimes years, because every time they picture it, they picture it going one of two terrible ways.

Either they picture themselves crying, pleading, sounding desperate — and him pulling further away. Or they picture themselves issuing an ultimatum, a threat, a “marry me or I’m gone,” and him calling the bluff, and the whole thing ending in flames.

So they say nothing. They keep hoping the man will bring it up himself. And the months keep passing.

Here is what I learned: **there is a third way, and it is neither begging nor threatening.** It is simply asking a clear question, calmly, once — and then having the self-respect to listen to the real answer instead of the answer you are hoping for.



This is not about forcing a man to commit

Let me be very honest with you, because this matters. You cannot script a man into marrying you. Anyone who sells you words that “make him propose” is lying, and the marriage you would trick a man into is not one you want.

What this conversation does is different and better. It gets you the **truth**, quickly and with your dignity intact. If he is serious, this conversation lets him say so clearly. If he is not, this conversation makes him show you — without you having to waste another year guessing. Both of those are wins. The only loss is not having the conversation at all.

Before You Open Your Mouth

Five things decide whether this conversation works, and none of them are the words. The words are below. But if you get these five wrong, no words will save it.

- 1. Pick the right moment.** Not during a fight. Not over text. Not when either of you is rushing. A calm, private evening when things are good between you. You want him relaxed, not defensive.
- 2. Decide your answer first.** Before you ask him anything, know what *you* want and what you will do with each answer. If you do not know your own bottom line, his answer cannot help you.
- 3. Say it once. Do not chase it.** You ask the question one time, clearly. Then you go quiet and let him fill the silence. The woman who repeats and rephrases and softens is the woman who looks unsure of herself. Ask once. Wait.
- 4. Keep your voice level.** The power in this conversation is entirely in your calm. The moment your voice shakes or rises, he stops hearing a woman with a standard and starts hearing a woman he can manage. Steady is everything.
- 5. Be willing to hear “no.”** This is the hard one. You must be genuinely willing to receive an answer you do not want. If you are only willing to hear “yes,” you are not having a conversation. You are begging with extra steps, and he will feel it.

The Opening

How to start it without him going on the defensive

Do not open with “We need to talk.” Those four words put every man on earth on high alert. Open warm, open honest, open from your own feelings rather than his failures. Here is the opening, word for word:

YOU SAY: “I really enjoy what we have. I’m happy when I’m with you. And because I actually like you, I want to be honest about something I need — I’m at a point in my life where I’m looking for something that’s going somewhere. So I just want to understand where your head is. No pressure, I genuinely just want to know.”

Notice what that opening does. It leads with warmth, so he is not attacked. It states your need as *yours*, not as a complaint about him. It ends with a real question. And then — this is the important part — **you stop talking**. You let the silence sit. Whatever he says next is the beginning of your real answer.

Then he will say one of five things. The rest of this guide is exactly how to handle each one.

Answer 1: He Meets You Clearly

The green light

IF HE SAYS — The clear one:

“Honestly, I’m glad you said it. I want the same thing. I see this going somewhere serious — I’ve been thinking about it too.”

WHAT IT MEANS: This is the answer you want, and if he gives it calmly and specifically, believe it — but then **watch the follow-through**. Words are the easy part. What you do now is hold him gently to a real next step.

YOU REPLY: “That makes me really happy to hear. So what does “somewhere serious” look like to you, practically? Like, what would the next few months look like if it were up to you?”

You are not doubting him — you are inviting him to make the words concrete. A serious man will happily give you a shape: meeting your people, being exclusive, a rough timeline. A man who said the right thing but has no shape behind it will suddenly get vague here. That vagueness, right after a beautiful answer, is the thing to watch.

Answer 2: “I Need More Time”

The most common answer of all

IF HE SAYS — The staller:

“I care about you, I do. I’m just not there yet. I need more time. Don’t rush me.”

WHAT IT MEANS: “More time” is only meaningful if it has an end. Time for *what*, and by *when*? A man growing toward something can tell you what he is waiting for. A man stalling cannot — because there is nothing at the end of his “time” except more time.

YOU REPLY: “That’s completely fair, and I’m not trying to rush you. I just want to understand it better — time for what, exactly? What needs to happen or change for you to feel ready? And roughly what kind of timeframe are we talking, in your own mind?”

This is the reply that separates the two kinds of “more time.” The man who is genuinely getting ready has an answer: “I want my business stable,” “I want us to live in the same city,” “give me till the new year.” The time waster cannot fill in the blank. He gets irritated, or vague, or he says “I can’t put a date on love.” My dear, a man who wants you can absolutely put a shape on his own intentions. “More time” with no end is just “no” wearing a softer dress.

Answer 3: “You’re Pressuring Me”

When he flips it back on you

IF HE SAYS — The deflector:

“Why are you doing this? Why do we have to define everything? You’re pressuring me. Can’t we just enjoy what we have?”

WHAT IT MEANS: This is a move, and you need to see it clearly. You asked one calm question. That is not pressure. Calling a single honest question “pressure” is how a man avoids answering it — he makes you the problem so he never has to address the actual question. Do not fall for it. Do not apologise.

YOU REPLY: “I hear you, and I want to be clear about something with love: asking you one honest question, one time, isn’t pressure. It’s me respecting both of us enough to be direct. I’m not asking you to propose today. I asked where your head is. If that question feels like too much pressure, then that itself is an answer, and I can accept it. So — where is your head?”

You have calmly refused to be made the villain, and you have handed the question straight back to him. A man who was just nervous will settle and answer. A man who was deflecting will keep trying to make it about your “pressure” — and if he does that a second time, you have your answer without him ever saying the word. A man who calls clarity “pressure” is telling you he wants to keep the fog, because the fog is where he is comfortable and you are stuck.

Answer 4: The Silence

When he gives you nothing at all

IF HE SAYS — The one who goes quiet:

“(A long pause. A sigh. “I don’t know... I haven’t really thought about it.” A shrug. A change of subject.)”

WHAT IT MEANS: After months or years together, “I haven’t thought about it” is not innocent. It is avoidance. A grown man has absolutely thought about whether the woman in his life is his future. If he is pretending he hasn’t, he is protecting himself from having to tell you the truth.

YOU REPLY: “(Do not rush to fill the silence. Let it be uncomfortable for a few seconds — that discomfort is his, not yours to rescue.) Then, gently: I’ll be honest, “I haven’t thought about it” is hard for me to believe, because I’ve thought about it, and I know you’re a thoughtful person. It’s okay if the answer isn’t what I’m hoping for. I’d just rather know the truth than keep wondering. Take your time — but I do need to know.”

The silence is one of the clearest answers there is, and most women mistake it for “maybe.” It is not maybe. A man who cannot say anything when you ask about a future with him has, in that silence, already told you where you stand. Your job is not to fill his silence with your hope. Your job is to hear it. Give him one real chance to speak into it — and if he still gives you nothing, let the nothing be your answer.

Answer 5: The Honest No

The answer that hurts — and sets you free

IF HE SAYS — The honest one:

“I don’t think I see this becoming marriage. I’ve enjoyed us, but I don’t want to lie to you.”

WHAT IT MEANS: This is painful. It is also, strangely, the kindest answer on this page — because it is the truth, and it is the truth *now*, while you can still act on it, instead of three years from now when it has cost you far more. Do not argue him out of it. Do not negotiate. Do not ask what is wrong with you. Receive it with the dignity it deserves.

YOU REPLY: “Thank you for being honest with me. Truly — I’d rather have this truth today than another year of guessing. I care about you, and I’m not going to try to change your mind, because I don’t want a man I had to convince. I wish you well. I mean that.”

I know this reply looks impossibly graceful when your heart is breaking. You may not manage it perfectly, and that is okay — cry later, with your friends, with your mother, with God. But in the room, hold your dignity. Because the woman who receives a “no” with grace is the woman who walks away whole, and available for the man who will one day say a clear and joyful “yes.” This “no” did not cost you a good man. It saved you from wasting years on the wrong one. That is a gift, even though it does not feel like one tonight.

The Day After

Whatever he said, one rule holds: **let his actions over the next few weeks confirm or deny his words.** Talk is the cheapest thing a man owns. A beautiful “yes” followed by no changed behaviour is not a yes — it is a delay tactic that bought him more time. A quiet man who said little but then *moves* — introduces you, plans, shows up — is worth more than the smoothest speech.

So after this conversation, watch these three things:

Does he bring it up again himself? A man who meant his “yes” will reference it, build on it, act like something was decided. A man who was managing you will act like the conversation never happened and hope you do too.

Do his actions get bigger or smaller? Serious intent shows up as movement — meeting your people, making plans, being more present. If, after you asked, he gets *more* distant, that distance is the truest answer of all.

Did anything actually change, or just the words? Two weeks from now, has one real thing moved forward? If the only thing that happened was a nice conversation, you have your answer.



One Last Word

For three years and four months, I was too afraid to have this conversation. I told myself I was being patient. I was not being patient. I was being scared — scared of an answer I already knew.

The day I finally asked, calmly, and let him answer — that was the day I got my life back. Not because he said yes. Because I stopped waiting to find out.

Ask the question. Stay calm. Believe the answer.

With love, and from experience,

Adaeze

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