



15 Ways to Show Up When Her Hormones Are Loud

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A Relational Pocket Guide for Partners Who Want to Love Well Through the Shifts

Not sure what to say when everything feels charged, raw, or unfamiliar? This isn't about getting it perfect—it's about showing up with presence, compassion, and a little emotional fluency when her internal weather system is... extra loud.

These aren't scripts. They're invitations. Choose what fits, remix what doesn't, and keep curiosity close.

1. ***"I'm here. No pressure to talk. Just... here."***

Your steady presence is often more grounding than words.

2. ***"Do you want to vent, find a solution, or just be held?"***

This checks her bandwidth *and* her preference. Gold.

3. ***Leave a note, not a suggestion.***

A sticky note that says "You're magic. Even when you don't feel like it." > unsolicited advice.

4. ***Offer comfort without commentary.***

Tea. Blanket. Favorite snack. No need to narrate the gesture—just do it.

5. ***Give her more time to respond.***

Hormonal shifts mess with verbal processing and executive functioning. Grace > urgency.

6. ***Lower the volume of life.***

Lights, sounds, expectations. Make the environment gentler—without making her feel fragile.

7. ***Stop calling it a mood swing.***

It's a shift. A surge. A recalibration. Language matters.

8. ***Mirror, don't fix.***

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Try: “That sounds heavy. I can see why you’re overwhelmed.”
Not: “Let’s not make a big deal out of this.”

9. 🧘 *Regulate with her.*

Slow your own breathing. Speak softer. Anchor the energy in the room.

10. 🧴 *Ask about capacity, not compliance.*

“What do you feel up for today?” respects her nervous system.
“Are we still doing that thing later?” might spike guilt.

11. 🤗 *Touch, only if welcomed.*

Hormonal shifts can heighten sensitivity. Ask: “Would a hug feel good or not right now?”

12. 📅 *Learn her cycle like you’d learn her love language.*

You don’t need to track her period. Just notice the seasons in her energy—and honor them.

13. 🤫 *Normalize quiet.*

If she goes quiet, don’t push her to perform joy or clarity. Hold space without needing sound.

14. 🔄 *Be consistent.*

Come back. Even when it’s hard. Especially when it’s hard. Your presence over time rewires trust.

15. 💖 *Let her be complex.*

She is rage and tenderness, exhaustion and brilliance, grief and laughter. Don’t shrink her to one version. Love all of her—especially the parts that feel inconvenient or misunderstood.
