

ASHAE ISBELL

Speak so he

LEANS IN

FEMININE COMMUNICATION



@ITSASHAEISBELL

hi, queen.

AN INTRO

Feminine communication isn't about being agreeable, passive, or withholding truth. It's about staying emotionally honest and energetically open so that what you say creates more connection instead of more distance.

When a woman speaks from her body and her heart, without blame or control, it invites the masculine into presence and leadership. Instead of pushing him away or making him wrong, you're inviting him closer. You're offering a window into your inner world, not a wall.

Masculine energy responds to truth when it is shared through vulnerability, clarity, and softness.

When you stop managing the conversation and start revealing yourself, he feels safe to meet you, provide for you, and open you.

But I think it's important to say- Communication while you're dating a new person and communication after you're already married are two wildly different things.

What I'd recommend to the woman who's partnered is different because you already have commitment, depth, and connection. There's trust that's already built. And communication is to take you guys deeper and fix your polarity + make your intimacy much hotter...

Feminine communication for women who are dating is unique because he hasn't committed to you yet, so you don't know if he's even available to hold you at the level you need. I'll start with my single mamacitas first... and then I'll share my feminine communication magic for the married queens.



inspire

YOUR DATES PURSUIT + INVESTMENT

“I’m excited to see what you plan.”

WHY IT WORKS

You’re not micromanaging the date. You’re letting him lead or reveal that he can’t. This is discernment through experience.

KEY CODE

Don’t jump in and fix it if he fumbles. Let him show you who he is.



Do not plan a date, give your number, or even reach out first.

WHY IT WORKS

When a man can go through the process of pursuing you, it shows him his interest. If he’s not leaning in? Trust that he doesn’t want to.

KEY CODE

The more you can be in the energy of responding, the better.

“I’d love that.” / “That sounds amazing.”

WHY IT WORKS

Men move toward what feels good to give to. When you receive graciously, you reinforce his leadership and effort. If you don’t like the date he picked for you, don’t tell him you don’t like it. Just say... *“Do you think we could _____ instead?”* But only if it’s a must! Like... you can’t eat a single thing at the restaurant he selected.

EXAMPLE

“I’d love that!!!!” (when he suggests a proper date) vs. “sure xo” (dead energy)



“I feel really good around you.”

WHY IT WORKS

Showing him that you enjoy being around him is how you can be warm and inclusive. Don’t worry, it doesn’t say too much.

KEY CODE

Be honest. Don’t over-give praise that he hasn’t earned.



“I would love it if you made a plan and just tell me where to be.”

WHY IT WORKS

You tell him right away what kind of woman you are and what kind of treatment you are looking for.

KEY CODE

Be honest. Don’t over-give praise that he hasn’t earned.

DO NOT:

- ♥ Share your emotions on dates 1-3 unless its an honest positive delight towards him
- ♥ Over-talk or fill the conversation because he doesn't
- ♥ Overshare your past, trauma, or relationship history
- ♥ Try to impress him with your success, depth, or "how much you've done the work"
- ♥ Ask "what are we?" too early instead of observing his actions
- ♥ Cancel your plans to see him
- ♥ Give girlfriend energy (emotional support, constant access, over-nurturing) too early
- ♥ Sleep with him before you feel clear, claimed energy (not just chemistry)
- ♥ Try to prove you're "low maintenance" or "easy"



now for the married queens...

inspire

YOUR HUSBANDS MASCULINE LEADERSHIP

“Can you help me...”

WHY IT WORKS

Men love to help, but they sometimes need a clear invitation. When you ask him to support you without implying he failed, he gets to step up as your hero.

This phrase also connects your vulnerability to his masculine desire to serve. It removes the pressure to read your mind and replaces it with a clear opportunity to love you.

KEY CODE

Get vulnerable! *“Can you help me with this? I’m in a lot of judgment right now and I don’t know how to get out.”*
This invites his WISDOM into the scenario.



“I trust you” “You got this”

WHY IT WORKS

Your man is way more capable than you think. Period.

When he asks you something you want him to figure out on his own, just throw one of these back and watch miracles happen.

EXAMPLE

*“Babe, what do you think I should do about this flight because we could go at 7am or 11pm?” And you say?!?!?
“I trust you!”*

Way hotter.

“I so desire...” or “I would loooooove...”

WHY IT WORKS

Your desire is holy. Spoken from vulnerability (not demand), it activates a man's longing to meet you, hold you, and give to you.

When you express desire from your feminine, it doesn't sound like complaint- it sounds like invitation. It keeps the energy erotic, devotional, and clear.

Your husband will LOVE when you share from what you do want instead of what you don't.

KEY CODE

Make it something he can ACTUALLY do. And then literally REJOICE when he does it for you. Not quietly. Make sure he knows.

WHAT NOT TO DO

“I so desire you to be like Paul! I so desire you to be masculine! I so desire for you to step it up!”

INSTEAD

“I so desire a date where you spoil me this week.”

Don't ask if he can do it. Just share the desire flat and see what he does with it.



“Would you be willing to...”

WHY IT WORKS

This is the most elegant way to express a need without control. It gives him agency. It's not a command; it's a conscious ask.

This keeps polarity intact and maintains respect on both sides. It lets him rise to meet you, rather than recoil or resist. And it shows that you trust him enough to choose to show up.

EXAMPLE

“Would you be willing to give me a back rub?”

embody

FEMININE ADULT CONSCIOUSNESS TO DEEPEN INTIMACY WITH YOUR HUSBAND

“May I share my feelings with you?” or “Is now a good time for us to talk?”

WHY IT WORKS

This is the opening gesture of respect. You are not emotionally ambushing him-you're inviting him into your inner world.

Masculine energy opens best when it feels free to choose.

Asking for permission helps him stay present and regulated, and in his sovereignty- instead of feeling forced or blindsided.

This also gives you a moment to drop into intentionality instead of a reactive spiral.

If he says yes, only share pure feelings like anger, sadness, tender, etc.

When you name pure emotion or body sensation, you short-circuit the usual defensiveness. It's not about him. It's about you, and what's moving through your heart.

Men want to serve you. Your masculine partner wants to love you. This is about you releasing your defensiveness and need to share the details of WHY and simply start with how you feel.

KEY CODE

Respect him when he says no! He doesn't always have to be available.

“I’m noticing a part of me that wants to...”

WHY IT WORKS

This phrase creates awareness without identification. Instead of acting from a triggered part, you’re acknowledging it with compassion and ownership. This defuses tension and allows the conversation to stay relational rather than reactive.

This is about giving your shadow time and energy. You’re saying...

“I’m going to reveal what’s happening in my pain- body right now so that I don’t let it be the one who’s reacting.”

It also shows the other person that you are doing your work to not blame them for how you feel.

EXAMPLE

“I’m noticing a part of me that wants to turn around and walk away.”

KEY CODE

Use this tool when there’s a young inner child pattern running that you want to break. For example if you always cried until you got your way... and you do it now... speak to it instead of doing it so that you can liberate that part and not try to bypass it.

The next level? Notice it yourself, don’t say a word, and then shift out of the energy yourself. I promise you when you give yourself the option to let things go in the moment, you can. But sometimes it truly wants to be seen, and that’s okay too.

“The story I’m telling myself is...”

WHY IT WORKS

This removes accusation and replaces it with self-inquiry. Instead of declaring something as truth, you’re naming it as a perception. This keeps communication fluid, curious, and humble.

It allows space for the other person’s truth without making yours wrong. And it softens the power dynamic from adversarial to intimate.

EXAMPLE

“I’m telling myself a story that you don’t care about me”

KEY CODE

By doing this, you’re identifying where you trust them more than your own stories and perceptions sometimes. Even if the story is “right” - by doing this you take your partners guard down and show them that you are conscious that you could be wrong and are open to something else.



“I didn’t like that.”

Don’t hide when he hurts you. Don’t try to be nice. But also... don’t throw a hissy fit and punish him for 5 hours. Just say it cleanly. *“I didn’t like that.”* or even better- *“I didn’t like that baby.”*

You don’t have to stop your heart from loving him... even when something wasn’t awesome for you.

EXAMPLE

You walk in the door and he slaps your ass but misses and it kind of hurt and made you feel weird. “I didn’t like that.” Let him know so we can learn.

KEY CODE

Don’t follow it up with anything else.

THE CONCLUSION

Men want to serve you.

But you need to receive them, see through them, and understand men in order to get that kind of treatment.

**It's also never about what you say.
It's about how you say it.**

The energy.

The intention.

The confidence.

The clarity.

The intuition.

The play.

The inspiration.

He will fall in love with you and rise in love with you again and again when you become the woman who expresses high-self worth AND total respect for him.

To a big bold love,

XO Ashae