

The Distance That Crept In

For a relationship that has quietly gone flat, and what might bring it back.

WHEN TO USE THIS

Use this when someone close feels further away and you cannot point to a reason.

Who is it, and when did you first notice the distance?

How it used to be, and how it is now.

BEFORE

NOW

What has changed?

- ☐ We are both busy
- ☐ Something was said
- ☐ We stopped making plans
- ☐ Life got in the way
- ☐ I pulled back
- ☐ They pulled back
- ☐ We only talk about logistics
- ☐ I honestly do not know

What is one small thing you could do this week?

A text, a walk, a meal, a phone call.

Distance builds slowly, and it usually closes slowly too.