

When You Do All the Reaching Out

Look at a friendship where the effort runs one way, and decide what to do.

WHEN TO USE THIS

Use this when you are always the one texting first.

The last few months, honestly.

WHAT I DID

WHAT THEY DID

How much of the effort is yours?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Even split

All of it

What would you like from them? Be specific.

What do you want to try?

- ☐ Say something directly
- ☐ Stop reaching out and see
- ☐ Ask for less
- ☐ Give it more time
- ☐ Put my energy elsewhere
- ☐ Ask what is going on with them
- ☐ Keep it as it is
- ☐ Step back quietly

What will you do first?

Friendships go through uneven stretches. Years of uneven is something else.

