

## Week 4 - Opening Video When It Feels Like You Are Growing Apart

Before we begin this week, I want to help you place what you may be feeling.

In the last two weeks, you learned how to see patterns and how to stay yourself when anxiety rises.

For many people, something begins to shift right around now.

Things may feel quieter. Less reactive. Less fused.

And that is often when a familiar fear shows up.

The fear sounds like: We are growing apart. Something is slipping away. I do not know how to get us back.

This week exists to help you understand that fear.

Week 4 is about development.

About the stages marriages move through and why certain moments feel alarming even when nothing is actually failing.

Most people panic at exactly the wrong time because they do not know what stage they are in.

This week will help you see that feeling distance does not automatically mean loss.

Very often, it means growth.

A quick expectation for this week.

Do not rush to fix closeness. Do not recreate the past. Do not force reassurance.

Stay steady. Notice what stage feels familiar. Let the material orient you.

The exercise that follows will help you place yourself inside a larger developmental picture.

That perspective alone can bring relief.

If this week feels unsettling, stay with it. Understanding comes before comfort.

Let's begin.