

When They Say: “I Love You, But I’m Not In Love With You”

This sentence lands like a verdict. It often sounds calm, reasonable, and final — which is why it creates panic. This script is designed to slow the moment down and keep the conversation from collapsing into fear or pleading.

Before You Speak

Do not argue with their feelings. Do not try to persuade them to feel differently. Do not ask for reassurance or promise change in the heat of the moment.

The Script

I want to respond carefully, because I know that sentence didn’t come lightly.

I’m not hearing that you don’t care. I’m hearing that something important shifted, and I want to understand what that shift means.

I don’t need to debate whether you’re ‘in love’ right now.

I do want to understand what stopped feeling alive between us, so we don’t treat this like a final answer instead of a signal.

If They Say It’s Final

I hear that this feels settled to you. I’m not asking you to reverse anything tonight. I just don’t want us to confuse clarity with closure before we understand what actually changed.

If You Feel the Urge to Panic

Pause. Breathe. This sentence often reflects distance, exhaustion, or loss of connection — not the absence of care. Slowing the moment is what protects the bond.

Important Reminders

- Do not plead or negotiate
- Do not accept the statement as a verdict
- Stay grounded and curious, not defensive
- Focus on meaning, not labels

When panic drops, honesty has room to surface.

Disclaimer: This material is for educational and personal use only. It is not a substitute for professional counseling, therapy, or medical advice.

Copyright CouplesCoach.com - For Personal Use Only