

When You Feel Lonely Inside the Relationship

Use this when you feel emotionally alone even though you are together.

The Script

I want to talk about a loneliness I have been feeling.

This is not about blame or criticism.

I miss feeling emotionally connected to you.

I want to understand what has shifted between us.

Important Reminders

- Loneliness can exist without conflict
- Naming it invites reconnection
- Vulnerability opens doors

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