

When Your Partner Is Still Here But Already Leaving

Use this when your partner hasn't announced anything, but you can feel them pulling away. There may be less talking, less eye contact, fewer plans, and a growing sense that you're living beside each other instead of with each other.

This is one of the most dangerous moments in a marriage, because it often ends things quietly before anyone names what's happening.

Before You Speak

Do not accuse. Do not interrogate. Do not demand reassurance. If you corner someone who is already halfway out, they will keep moving.

The Script

I want to say something that's been sitting with me, and I'm not saying it to start a fight.

I feel like we're still together on paper, but something between us has been slowly drifting away.

I don't know if you're aware of it, and I'm not assuming bad intent.

I just don't want to wake up one day and realize we stopped choosing each other without ever talking about it.

If They Get Defensive

I'm not accusing you of anything. I'm trying to protect what we still have before distance turns into a decision.

If They Go Quiet

You don't have to respond right now. I just needed you to know I feel the distance, and I care enough to name it.

Important Reminders

- Speak slowly and calmly
- Do not list evidence or keep talking
- Name the drift, not the conclusion
- Let the truth surface instead of forcing it

Silence after safety is often where honesty begins.

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