



RELATIONSHIPS

Long-Distance Relationship Check-In

A brief structure for staying connected while protecting autonomy, expectations, and repair across distance.

Long-distance relationships usually work better when expectations are explicit rather than assumed.

Use a weekly 15-minute check-in

- 1 Connection**
What helped you feel close to me this week? What made you feel far away?
- 2 Expectations**
What contact rhythm feels realistic this week—calls, texts, time zones, visits, busy periods?
- 3 Needs**
Is there something you need more of or less of from me right now?
- 4 Outside life**
What are we each doing to maintain friendships, routines, interests, and support where we live?
- 5 Repair**
Is there anything unresolved that would help to clear up before the week moves on?

When texts start creating conflict

- Do not solve high-emotion misunderstandings through long text chains if a call or video conversation is possible.
- Pause before interpreting delayed replies as rejection; check the facts and the agreed expectations.
- Use "I noticed / I felt / I need / would you be willing..." instead of accusation or mind-reading.
- End with the next point of connection: when will you talk again, and what happens between now and then?

Use this as a flexible guide, not a rule. If a skill increases distress or does not fit your situation, stop and choose a different approach. Bring questions or observations to therapy.

This handout is educational and is not a substitute for individualized mental health care, medical care, or emergency services. If you are in immediate danger, call 911 or go to the nearest emergency department. In the U.S., call or text 988 for crisis support.