KESTON SCHOOL

RELATIONSHIPS · FREE SAMPLE

Long-Distance Love

Stay close across the miles and build a shared future

CHAPTER 1 + WORKBOOK SECTION

BEFORE YOU START

How to use this book

By the last page you will understand what distance really changes, have a contact rhythm that fits both your lives, a simple way to plan visits and talk through worry, everyday rituals that keep you close, and a clear way to decide together when and how to close the gap.

1. Read one chapter at a time. Each one gives you a single idea and a single action.
2. Open the Long-Distance Love Workbook and complete the matching section while the chapter is fresh.
3. Do the “Try this” action within seven days. Reading changes what you know; the action changes what you do.
4. Finish with the checklist in chapter 12 and come back to it whenever you slip.

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CHAPTER 1

Close at Heart, Far Apart

Recognize the quiet strains of loving someone far away and why the usual fixes, more calls and more texting, rarely help.

It is 11:40 at night where you are and early morning where they are. You have been on a video call for forty minutes. The first ten were good: you laughed about their new coworker, you showed them the plant that finally flowered. Then the conversation thinned out. They are making coffee with the phone propped against a cereal box. You are lying in bed, half watching their kitchen ceiling, half thinking about your alarm. Neither of you wants to be the one to hang up, because hanging up feels like admitting something. So you stay on, quietly, until one of you says, “Okay, I should go,” and the screen goes dark.

You love this person. You are not sure why it so often feels like this.

The quiet signs of strain

Long-distance relationships rarely fail with a bang. More often they wear thin in small ways that are easy to ignore. See which of these sound familiar:

- Calls start to feel like an appointment you keep rather than a moment you look forward to.
- You tell each other what happened, but you rarely do anything together.
- A short or late reply can sour your whole evening.
- You save up difficult topics “for the next visit,” then avoid them during the visit because the time is too precious.
- Visits feel amazing and exhausting at the same time, and the days after are flat.
- When someone asks, “So when will you live in the same place?”, neither of you has a real answer.
- One of you seems to put in more effort, and it is starting to bother you.

None of this means the relationship is wrong. It means distance is doing what distance does. The good news is that most of these strains have the same few causes, and you can work on them.

Why the usual fixes fail

When couples feel the strain, they tend to reach for one of four fixes. Each one makes sense. None of them works for long.

1. More calls. If an hour a day is not enough, try two. But longer calls without a purpose often end the way the call above ended: two tired people waiting for permission to hang up. Quantity grows; closeness does not.

2. Constant texting. Staying in touch all day can feel like being together. It can also turn into a stream of small obligations, where every message needs an answer and every slow reply feels like a message of its own.

3. Avoiding hard topics. When time together is rare, it seems kind to keep things light. But unspoken worries do not disappear. They pile up until they come out sideways, often over text, often late at night.

4. Living for the visits. Counting down to the next trip is natural. When the visits become the only time the relationship feels real, though, everything in between becomes waiting. And a relationship that is mostly waiting is hard to sustain.

The common thread is that all four try to fix distance with effort. Effort matters, but it is not the missing piece. What most couples are missing is a few clear agreements about how they stay connected, plus a shared sense of where they are going.

> **Key idea:** Long distance rarely fails for lack of love. It fails for lack of structure that both people agreed on.

What this book is and is not

This book is for adults in a committed relationship who live apart, whether for a job, studies, family duties or any other reason, and who want to stay close and plan a shared future. It works whether you have been apart for three weeks or three years, and whether the distance is a few hours by train or several time zones.

You will learn what distance actually changes, how to set a contact rhythm that fits both lives, how to plan visits that do not collapse under their own weight, how to talk about jealousy and worry without fights, and how to decide together when and how to close the gap.

This book is not couples therapy, and it does not make decisions for you. It cannot tell you whether a particular relationship should continue. It also gives no legal, immigration or financial advice: if your plans involve visas, work permits, contracts or large money decisions, check official sources and talk to a qualified professional.

One more thing matters. If your partner uses distance to control you, for example by demanding constant proof of where you are, checking your accounts, threatening you or isolating you from friends, that is not a long-distance problem, and the tools here are not built for it. Please reach out to someone you trust or a local support service for advice that fits your situation.

How to use this book

Each chapter gives you one idea and one action. The workbook has a matching page for every chapter, so you can write things down as you go. Many exercises work best when both partners do them, but you can start alone. If your partner is not a reader, share one exercise at a time instead of the whole book. You only need one person to start a better rhythm. The second person usually joins once it starts working.

Try this

Within the next seven days, set aside fifteen minutes on your own. Go through the list of quiet signs above and mark every one that fits. Then write down your answer to three questions:

1. When did we last do something together rather than just talk about our days?
2. Which topic have we been saving for “later”?
3. If someone asked when we will live in the same place, what would I honestly say?

Do not try to solve anything yet. Just get an honest picture of where you are. Use the first page of your workbook so you can look back at it later and see what has changed.

Before you can fix the strain, it helps to understand what distance really changes, and that is where we go next.

KEY TAKEAWAYS

- Distance strains good relationships in quiet, predictable ways.
- More contact is not the same as more closeness.
- Small, shared agreements fix more than effort alone.

→ Workbook, section 1

01 Close at Heart, Far Apart

Get an honest picture of where your relationship stands today.

CHECKLIST

Quiet signs that fit us

- [ ] Calls feel like an appointment
- [ ] We report but rarely do things together
- [ ] A slow reply can sour my evening
- [ ] We save hard topics for later
- [ ] Visits are amazing and exhausting
- [ ] We have no real answer about the future
- [ ] Effort feels uneven

CHECKLIST

Fixes we have tried

- [ ] More calls
- [ ] Constant texting
- [ ] Avoiding hard topics
- [ ] Living for the visits

When did we last do something together rather than just talk about our days?

Which topic have we been saving for later?

If someone asked when we will live in the same place, what would I honestly say?

YOUR NEXT STEP

Want the whole book?

You just read chapter 1 of Long-Distance Love and tried the first workbook section. The full e-book has 12 chapters, a complete workbook and a final checklist. Here is everything inside:

01 Close at Heart, Far Apart

02 What Distance Really Changes

03 The Price of Drifting

04 Share a Life, Not Updates

05 Build Your Contact Rhythm

06 Plan Visits That Work

07 Talk Through Worry

08 When Life Gets in the Way

09 When the Miles Wear You Down

10 Rituals That Keep You Close

11 Closing the Distance Together

12 Mistakes & Checklist

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