

SAMPLE REPORT · MAYA AND JOSH ARE FICTIONAL CHARACTERS

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WHO THIS REPORT IS FOR

Maya

Maya & Josh · 14870 messages · 486 days

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You know how to come back to each other; looking ahead is where you struggle

Reading this conversation from start to finish, the first thing I see is two people who are genuinely good for each other. The good mornings almost never skip a day, your jokes have a language of their own, and when one of you goes down, the other is right there. But in the middle of all that warmth, one question has been stuck in the same place for months: "When?"

You ask it, Josh puts the answer off, and you both seem to sense this isn't really about the calendar. I don't think the tension between you comes from a lack of love. It comes from showing it at different speeds.

Telling each other your day is the backbone of this relationship

What holds you together seems to be less the big gestures and more the steady stream of small news. A bug that turned out to be a comma, a train stuck between stations, a cat demanding breakfast at six. All of these small updates are versions of the same sentence: "let my day happen with you too."

That language also has a dictionary only the two of you can read. Mornings that start with "potato", Peanut claiming his hoodie, a promise of a breakfast with "no links". Someone looking in wouldn't get any of it; for you it's a code.

The bond gets clearer when things are hard. When Josh is sick, he finds a pot of lentil soup at his door; when your big presentation is coming, the first vote of confidence comes from him. The short line he wrote on 16 January sums it up: "saw it. you're one of a kind"

| You're the compass of this conversation

You both carry the conversation, but you're usually the one setting the direction. The birthday, the visit to your family, the trip, the flat: every topic about the future is opened by you. Slightly more than half the messages come from you, but the real gap is in the questions: 1,912 to 704.

The way you give love is by paying attention. You read Josh's tiredness between the lines, you're the first to ask how it went, and on his worst night you write "cry. i'm here".

Your blind spot may be this: after asking, you find it hard to leave room for the answer. You've noticed it yourself. On 20 March you wrote, in your own words: "i know i sometimes ask and then get mad before you even answer"

| Josh shows love less with words and more with what he brings to your door

As far as the conversation shows, love for Josh means doing something: bringing breakfast, cooking pasta, quietly booking a place for Valentine's Day. He's at ease when he can surprise you, not when he has to plan with you.

Where he gets stuck is the moment of decision. When something is about to become definite, a clear pattern appears in his behaviour: "we'll see", "let's talk later", or a video link that has nothing to do with the topic. He sends most of the links, and a noticeable share of them arrive right after a question you were waiting on.

I can't say for sure from the conversation why this happens. But in his long message in March he offers a clue himself: he writes that when things become definite, something in him "locks up".

| You've had the same argument four times, in four different disguises

Over the last four months four separate topics come up: Chloe's birthday, meeting your mum, the April trip, a flat together. The topics change, but the order never does.

You ask about a plan. Josh postpones or sends a link. You ask again, a little sharper. He reaches for the words "pressure" or "understanding". Then comes a silence. When one of you pulls away, the other doesn't follow; you both wait. Josh is the one who finally breaks the silence, but he comes back to you, not to the topic.

On 17 March you're the first to name the loop out loud: "for four months you've said 'we'll see' to everything. the birthday, my mum, the trip, now the flat"

This pattern has a cost, and it lands on each of you differently. For you, the cost is waiting: every unanswered question is added to the next one and asked more heavily. For Josh, the cost is that every question turns into a

test; the more he avoids it, the sharper the questions get.

| Josh ends the silences, but not the subject

Your guess was "Josh comes back first after a fight". You were right: of the 14 silences longer than 20 hours, he broke 11.

What stands out is how he comes back. Almost never by saying "let's go back to that". He returns with an offer of breakfast, a meal, or, like on 31 January, a request for a photo: "send me a pic of peanut i miss him"

And you accept these offers. The closeness returns, but the topic stays on the table. Making up works very fast between you; the conversation itself keeps getting postponed.

| It was different once, and that once says a lot

On 20 March, after three days of silence, Josh comes back not with food this time but with a long message: "you're right. i say 'we'll see' and run. it took me three days to notice, i'm sorry."

I think this is the most important moment in the conversation. Because afterwards a small but real change appears: in April he's the one sending flat listings for the first time, and he books the viewing himself. The next "we'll see" arrives as a joke and is corrected straight away with "we're going".

| What has formed between you: a solid shelter with a waiting room in the middle

What has built up between you has two parts. On one side there's a real shelter: on the night Josh wrote with the fear of losing his job, and on the morning of your presentation, the other one was there. In this relationship nobody is left alone in a crisis.

On the other side there's a waiting room: every question about the future is sent there to wait its turn. Since March the door of that room seems to have opened a little. The question now is whether it stays open.

| Small things you could try this week

Add a time to the question. When you ask about a plan, attach a time: "if not now, shall we talk at sunday breakfast?" It turns postponing into an appointment.

Answer a link with your question, not with another link. When Josh sends a video, "i'll watch it later, first this" may work better than getting angry.

Don't treat making up as closing. When breakfast arrives, one sentence is enough to keep the topic alive: "glad you came. we'll get back to that too, right?"

Make Sunday breakfast a habit. What worked on 20 March can be repeated as a method: a conversation with no screens, no links and a set time.

You learned long ago how to come back to each other; what you're learning now is how to look ahead together.

COMPASS

KEEP THIS

- The good mornings and the small news through the day
- One of you being there the moment the other struggles
- Peanut, "potato" and the language that belongs only to you

CARE FOR THIS

- Plans being carried on one person's shoulders
- Silences ending with a meal while the topic stays open
- Not leaving time for the answer after asking

WATCH THIS

- Will open conversations like the one on 20 March happen again?
- Will the flat move from "we'll see" into the calendar?



This report came out of your own conversation.

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This is not therapy or medical care.