Ten steps for distancing

Adapted, author unknown

When it becomes clear that the relationship with your LGBT+ Partner is no longer viable, it may be necessary to practice emotional and psychological distancing for your own emotional wellbeing. Distancing begins the process of reversing your attachment to or enmeshment with your LGBT+ Partner. Distancing is a form of establishing boundaries, and this is essential for moving on to a healthy new normal.

1. Stop asking for new personal information about your partner, either from them or those connected to them.
2. Stop sharing new personal information about yourself with your partner.
3. Unfriend, block or unfollow them on social media platforms.
4. Do not celebrate special occasions with them (unless for the benefit of children).
5. Do not help them more than is necessary (unless for the benefit of children).
6. Do not help them if someone else can.
7. Avoid discussions about their new lives or that re-hash old ground.
8. Seek out new activities that do not involve your partner.
9. Make new friends and acquaintances that have no connection to your partner.
10. Make small changes in your life: rearrange furniture, change decorations, try new soaps, ride your bike in a different route, eat at a different restaurant, eat different foods, cook them a different way, shop at different stores, rearrange the landscaping, change some of your habits, change the style of clothing you wear, take an alternate route to work, etc. Slowly, taking these steps will help you build a new life with you at its center.

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