

# Getting Back Together: A Plan

Most reconciliations fail for a dull reason. Nothing changed except the amount of time that passed, and time apart is not a change; it is a gap in which the worst memories fade faster than the good ones. Six weeks later the same argument arrives in the same words and both people are surprised by it. Missing someone is real and it is not evidence about anything. It tells you that the separation hurts, which was already known, and nothing whatsoever about whether the thing that ended it has moved.

**Who this is for:** You have been talking again, it has been going well, and neither of you has yet said out loud what would actually have to be different this time.

## Part one, then part two if it holds

### Q1. What the problem was, in behaviour

*Describe it so an outsider could check it.*

What happened, as an outsider would describe it:

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How often, and over what period:

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My part in it, stated without the surrounding context:

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What I have never said out loud about why it ended:

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## Q2. What is different, and who could verify it

*Time passing is not one of the answers.*

What is different, in one sentence:

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How an outsider could tell:

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What has not changed and probably will not:

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### Q3. What each of you did with the time

*One of you rebuilt. One of you waited.*

What I did with the months apart:

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What I think they did:

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What I want to know about their time that I have not asked:

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#### Q4. What happens the first time it comes back

*It will. Decide now what happens then.*

The first sign it is happening again:

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Who says something, and how soon:

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The words we have agreed for raising it:

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What we do not do in that moment:

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## Month one: what is not in it

*Three things that feel natural and shorten the reunion.*

What we have agreed not to reopen in month one:

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The topic I most want to reopen, and when it can be raised:

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What we are not resuming immediately:

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## Month one: keys, nights and pace

*The pace gets set by momentum unless you set it.*

Nights a week for the first month:

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What we are telling people, and when:

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What stays separate for now, agreed by both:

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Who decides when that changes:

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**Week four: the review, written down**

*Twenty minutes, in writing, in the diary now.*

The date and time of the review:

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What has been different, in behaviour:

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What has already come back:

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What I am still not saying:

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## The line: what would mean this is not working

*Defined now, because later it will bend.*

What would tell me this is not working, in specifics:

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What I would do, and by when:

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Who I would tell:

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