

# The Hot and Cold Behaviour Log

Every swing overwrites the one before it. Four warm days arrive and the fortnight of silence in front of them becomes difficult to feel, which is why people in this position can rarely answer a simple question about how often it has happened. You end up arguing with yourself about whether this is a pattern or whether you have become unreasonable. A dated log settles that one question and no other, which is worth more than it sounds.

**Who this is for:** Someone you are seeing runs warm and then disappears, and you can no longer tell whether it is a real cycle or whether you have started watching too closely.

## What each dated line records

### Contact and who started it

*Two marks a day, and nothing else in this column.*

Date:

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Contact today? Yes or no:

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Who started it?

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Roughly how long did the exchange last?

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## Days since the last contact

*A running number, reset each time they get in touch.*

Days since last contact:

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Longest gap so far:

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What ended the last gap, and who ended it?

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## Plans proposed and plans kept

*Three separate marks, because they fail at different points.*

Plan proposed by:

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Agreed? Kept?

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If cancelled, how far in advance:

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Reason given, in their words rather than summarised:

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## One sentence in their own words

*A direct quote, or nothing at all.*

One sentence they actually said or wrote today:

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One sentence of mine that got no reply:

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Any reading I have added to this line, to cross out:

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## The review at week six

*Measure the cycle, then interpret it once.*

Average gap, weeks 1 to 3 \_\_\_\_ weeks 4 to 6 \_\_\_\_

Initiations: me \_\_\_\_ them \_\_\_\_

Plans proposed \_\_\_\_ kept \_\_\_\_

Does the cycle have a length? Write it:

The interpretation box: what I think this is.

This worksheet is free to print, photocopy and share, including with clients. It is self-reflection material, not a diagnosis, an assessment or a substitute for professional support. If a relationship involves fear, control or coercion, or if working through this raises more than feels manageable, please speak to a doctor, a therapist or a domestic abuse service.