



Is your partner emotionally pulling away?

That knot in your stomach isn't paranoia. Your intuition is trying to protect you. Swipe for the signs, scripts, and clarity you need. 🙌

You're Not Imagining Things

The sleepless nights. The overanalyzed texts. The constant wondering if they're checking out. Your gut is screaming something's wrong—and you picked this up because part of you already knows.

This isn't about jumping to conclusions. It's about trusting yourself enough to see what's really happening—and having the [courage to do something about it](#).

The 4 Quiet Signals They're Leaving



Physical or Emotional Distancing

Plans get canceled. Eye contact disappears. Conversations stay surface-level. They dodge any talk about "us" or the future.



Major Routine Changes

Their schedule suddenly excludes you. "Working late" becomes a pattern. New hobbies and friend groups you're never invited to join.



Conflict Pattern Shifts

Either fights disappear completely (eerily calm, zero pushback) or they explode over trivial things—picking fights about dishes, your tone, anything.



Physical Intimacy Drops

No spontaneous hugs or kisses. They pull away when you try to cuddle. Sex becomes rare or mechanical. Touch disappears.

Signal #1: Emotional Distancing

What it looks like:

- Canceled plans blamed on exhaustion or work stress
- Your regular rituals (coffee dates, Sunday mornings) vanish
- Conversations never go deep—just surface-level and boring
- Their voice tone changes: flatter, less warm

Gut Check:

On a scale of 1-10, how emotionally available does your partner feel right now? If it's below 5, when did the shift start?

Signals #2 & #3: Routine & Conflict Changes

Their Schedule Suddenly Excludes You

New hobbies. Friend groups that take all their free time. Social plans that used to include you now happen solo. [Pay attention to their new circle](#)—are these people who encourage healthy relationships or normalize flakiness?

Fights Either Vanish or Explode

Option A: They agree to everything, walk away from disagreements, seem eerily calm. You're talking to a wall. **Option B:** Vicious fights over trivial things. Disproportionate anger. Looking for reasons to be mad.

How Many Signals Are You Seeing?

Be brutally honest with yourself. Count how many of these 4 signals show up *consistently* in your relationship:



Worth a conversation

You might be hypervigilant from past hurt, or catching something early. Don't panic yet.



Something's off

Address it NOW before it gets worse. Your relationship needs attention.



Likely checked out

Your partner is emotionally exiting. Time for a serious conversation about whether this can be saved.

3 Paths Forward

You have options. Here's how to decide which is right for you.



Have the Hard Conversation

Choose this if: You're seeing 2+ signals and willing to fight for the relationship—but you need honesty first.

"I've noticed [specific behavior]. It feels like you're pulling away. I'd rather know what's going on than be blindsided. Are we okay?"



Decide If It's Worth Fighting For

Choose this if: You've had the conversation (or they won't have it), and now you need to decide if you're willing to stay.

The clarity question: "If I knew this wouldn't get better, would I still stay?" Your answer tells you everything.



Protect Yourself & Prepare

Choose this if: Your gut screams they're already gone, and you need to stop waiting for them to pull the trigger.

Preparing doesn't mean giving up. It means protecting your dignity and refusing to be caught off guard.

Scripts for the Hard Conversation

Use these when you're ready to address what you're seeing:

Opening the Conversation

"I've been feeling [emotion] in our relationship lately. I've noticed [specific behavior]. Can we talk about what's going on? I'm not trying to pick a fight—I just want to understand where we are."

When They Deflect

"I hear you saying everything's fine, but my experience is different. I'm feeling [emotion], and that's real for me. Can you help me understand the disconnect?"

Asking for What You Need

"I need more [quality time, affection, openness] to feel connected. Can you meet me there? If not, I need to know now so I can decide what's best for me."

Deeper Reflection Questions

Use these prompts to process what you're feeling and gain clarity on your next move:



On Your Intuition

- When did I first notice something was off?
- What is my gut telling me right now, if I'm brutally honest?
- Am I ignoring red flags because I'm afraid of the truth?



On Your Relationship

- Do I feel valued, respected, and prioritized?
- If my partner never changed, could I stay and be genuinely happy?
- Is this relationship adding to my life, or draining me?



On Fear vs. Love

- Am I staying because I love them, or because I'm afraid of being alone?
- What would I do if I weren't afraid of being single?




On Moving Forward

- What would my life look like in 6 months if I stayed?
- What would it look like if I left?
- Which version of me feels more aligned with who I want to be?

The Truth You Already Know

You didn't find this guide because you're paranoid. You found it because something feels wrong, and you needed [permission to trust yourself](#).

You deserve a relationship where you don't have to beg for attention, decipher mixed signals, or convince someone to choose you. **Whatever you decide—stay or go—make sure it's FOR yourself, not out of fear.**

 **Need support?** Deciding whether to stay or go is one of the hardest decisions you'll ever make. We're here to help you process what you're seeing and figure out your next move.

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