



New to LDR? In an existing LDR and feel lonely? Here is advice from my own experience that I offer to folks who get caught up in waiting for the next text from their partner:

Are you a student? If yes, go to school. Focus on school.

Are you gainfully employed? If yes, go to work and be present at work.

Have friends? If yes, spend time with them. Enjoy yourself.

Have hobbies? If yes, spend time on your hobbies.

Have family? If yes, spend time with them.

Have interests? If yes, spend time on those things you are interested in.

Have internet? Read about the stages of relationships so that you will be knowledgeable about how relationships grow.

Exercised today? If not, go for a walk or jog or bike ride. Get active.

If you answered no to all of the above, change your life so that you can answer yes to some of these things.

Be a whole person so that you can be a whole person in a relationship. Become a priority and have a great relationship with yourself. Do not rely on your partner to complete you. Be a complete person whose partner is a positive addition to your life.