

Sure, here's a simple example:

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**\*\*Setting\*\***: Sitting together at home, calm environment.

**\*\*Partner A\*\***: "Hey, can we talk for a minute? I've noticed that things have been a bit off between us lately and I really want to understand how you're feeling."

**\*\*Partner B\*\***: "Yeah, I've felt it too. I've been a little overwhelmed, and I guess I haven't communicated that well."

**\*\*Partner A\*\***: "I understand. I appreciate you sharing that with me. I've been feeling a little distant too and wasn't sure how to bring it up without upsetting you. How can I support you better right now?"

**\*\*Partner B\*\***: "It really helps just knowing that you're here and that I can talk to you about it. Maybe we can set aside time each week to check in with each other?"

**\*\*Partner A\*\***: "I think that's a great idea. I care about you and want us to feel connected and understood. Let's make it a priority."

**\*\*Partner B\*\***: "Thanks for being willing to listen and work on this together. It really means a lot."

**\*\*Partner A\*\***: "Of course. We're in this together, and I love you."

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This example demonstrates open communication, empathy, and a willingness to work together on resolving feelings of distance or misunderstanding.