Centered Connections
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Have We Fallen Into The Roommate Rut?

Answer these questions to find out!

1. We greet each other with a hug and or kiss when we come home and do the same when we say goodbye for the day.

☐ TRUE. We almost always embrace each other when we come home and/or leave for work

☐ FALSE. We say goodbye from across the room and don't kiss/hug when we come home

ANTIDOTE:

If you answered NO, try to start being intentional about your hellos and goodbyes! Start with giving each other a hug when you leave for the day and when you get home.

2. We rarely consider each other when making plans.

☐ TRUE. It feels like we're living parallel lives.

☐ FALSE. I almost always consider my partner when making plans.

ANTIDOTE:

If you answered YES, try to schedule some time for the two of you to do something fun. Schedule a date night where you try something new. Novelty can help you get out of your rut.

3. We go to bed at different times and/or there seems to be an invisible line down the middle of the bed that neither of us crosses.

☐ TRUE. Our bed feels very lonely.

☐ FALSE. I feel connected to my partner when I'm in bed.

ANTIDOTE:

If you answered YES, try to get some snuggle time in at least one night. Get into bed at the same time even if one of you ultimately ends up getting back out of bed and staying up for another hour (or two). Let your partner know that you want to cuddle and chat for a little bit before they/you fall asleep.

4. We barely touch each other and almost never have sex.

☐ TRUE. Our relationship feels very platonic.

☐ FALSE. We are physically affectionate.

ANTIDOTE:

If you answered YES, I recommend finding ways to show admiration and affection. Sometimes physical affection is solely linked to sex and when libidos are down, this can make touch a turn off. Try giving one another a back massage or cuddling while watching Netflix.

5. When we talk it's about chores, home improvement projects, and/or the kids/fur babies.

☐ TRUE. Our conversations are practical and lack affection or interest.

☐ FALSE. We have meaningful conversations and I feel connected to my partner.

ANTIDOTE:

If you answered YES, create a messaging channel (such as WhatsApp or Google Hangouts) for sharing funny and more intimate things. You can still communicate the mundane things through text/email but hopefully the separate messaging will reignite some of the spark by bringing other things to the surface. Creating space for fun and intimacy can help you move away from feeling like cohabitors and co-parents.

6. I feel more connected to my friends and/or coworkers than I do to my partner

☐ TRUE. I feel more connected and/or valued by others than my partner.

☐ FALSE. My partner is my best friend.

ANTIDOTE:

If you answered YES, set aside 20 minutes a day to check in with your partner. Each of you take ten minutes to share about your day while the other person listens. This is not the time for problem solving. Instead, really try to hear your partner and understand their world. Put phones down/away and use this as an opportunity to connect.