WHAT TO DO IF HE IS DISTANCING HIMSELF FROM YOU

Analyze

See if you are partially responsible for his actions. Reflect upon the issues that had created differences in the past





Take a time-out

Give him some space. This will also give you time to assess relationship problems

Avoid obsessing

Avoid being overwhelmed with emotions. This will hinder your ability to think clearly



Talk about it

Vent out to friends to relieve pent-up feelings

Approach with compassion

Give him the benefit of the doubt before making any hasty decisions. Try to understand his side of the story





Try persuading him to reestablish the relationship

Discuss what went wrong and mutually solve the differences if he agrees to cooperate



Source: https://www.momjunction.com/articles/why-men-pull-away_00658129/