



## When Your Husband Is **EMOTIONALLY DISTANT**



Tell him why it's important for him to open up about his feelings and how you want both of you to communicate.



Try to understand what may be causing him to withdraw from his emotions and become distant from you.



Ask him directly without sounding condescending if it's difficult to figure out.



If he requests time, give him space while you focus on yourself and what you love doing.



Instead of losing yourself in the effort to change him, try to encourage him to see a professional therapist.



When there seems to be no hope, accept your fate. Gradually create the gap while decreasing your efforts and love and moving on from the relationship.