

# IN CASE OF AN EMERGENCY: BREAK GLASS

When Disconnection Is Growing  
in Your Relationship



A practical guide for recognizing  
emotional distance early and  
responding with intention.

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# When Disconnection Builds Quietly

Relationships often do not fall apart all at once. More often, they wear down slowly through missed moments, unresolved tension, emotional fatigue, lack of follow-through, and unspoken needs. What begins as a rough patch can become an ongoing pattern when it is not named or addressed.

For many Black women, relationship stress can be layered with the pressure to keep everything afloat, absorb emotional strain, stay loyal, and remain strong even when their own needs are going unmet.

This guide is not about asking one person to carry the relationship or fix it alone. It is about noticing disconnection early, naming what is true, and taking meaningful action toward repair, clarity, and shared responsibility.



## **Important:**

This guide is intended for relationships experiencing emotional distance, disconnection, or strain. It is not designed for relationships involving abuse, coercion, threats, or fear.



This guide is for moments when something feels off, before disconnection becomes the default.

# Level 1: Early Disconnection

## 0 to 90 Days

*The relationship feels off, but there is still room to reconnect*

This is often the beginning stage. Things may still look normal from the outside, but connection is starting to thin out. Small lapses in attention, warmth, and effort can quietly create distance.

### You may notice:

- Less physical intimacy or affection
- Fewer meaningful conversations
- No intentional time together
- Less appreciation or verbal warmth
- Uneven follow-through with household or relationship responsibilities
- Feeling more task-oriented than emotionally connected

### What to Do Next:

- ✓ Schedule one intentional date or shared activity this week
- ✓ Do a 10-minute daily check-in with no phones or distractions
- ✓ Say one specific thing you appreciate about each other every day
- ✓ Use a connection jar with simple activities to choose from
- ✓ Name one unmet need without blame or defensiveness



### Clinical note:

Early intervention can help prevent long-term relational distress.

## Level 2: Growing Disconnection

### 3 to 6 Months

*Distance is becoming more familiar than closeness*

At this stage, the issue is no longer occasional. Emotional distance may be settling in, and the relationship may begin to feel heavier, lonelier, or harder to repair without intentional effort.

#### You may notice:

- Repetitive arguments that never fully resolve
- Emotional distance or growing resentment
- Avoidance of meaningful or vulnerable conversations
- One partner carrying most of the emotional labor
- Increased irritability, shutdown, or defensiveness
- Feeling lonely while still in the relationship

#### What to Do Next:

- ✓ Schedule a structured conversation about the state of the relationship
- ✓ Each partner identifies three unmet needs
- ✓ Revisit expectations around time, chores, parenting, affection, and support
- ✓ Stop assuming the other person knows what is wrong,
- ✓ Consider couples therapy, discernment counseling, or relationship coaching



#### Grounding reminder:

Avoidance may reduce discomfort in the moment, but it often deepens disconnection over time.

## Level 3: Serious Disconnection

### 6 to 12+ Months

*The relationship may be moving toward separation, discernment, or divorce*

At this stage, the relationship may feel emotionally depleted. The distance is no longer subtle. There may be little energy left for repair, and both people may be questioning whether the relationship can or should continue.

#### You may notice:

- Emotional detachment or indifference
- Little to no effort to reconnect
- Ongoing conflict or complete emotional shutdown
- Living parallel lives under the same roof
- Lack of warmth, trust, or partnership
- Ongoing uncertainty about whether to stay or leave

#### What to Do Next:

- ✓ Have an honest conversation about the future of the relationship
- ✓ Clarify whether the goal is repair, discernment, separation, or divorce planning
- ✓ Seek support through couples therapy, mediation, or structured discernment work
- ✓ Stop prolonging confusion if a decision needs to be made
- ✓ Identify what each person is genuinely willing and able to do next



#### Clinical truth:

Clarity is more compassionate than prolonged uncertainty.

# The Reset Plan



When a relationship feels strained, people often wait for a big breakthrough. In reality, repair often begins through small, consistent actions that create safety, honesty, and movement.

## Choose 3 actions this week:

- ✓ We will spend at least 30 intentional minutes together
- ✓ We will have one honest conversation without interrupting
- ✓ We will name one thing each of us needs more of
- ✓ We will choose one connection jar activity
- ✓ We will complete one action that lightens each other's load
- ✓ We will agree on one next step for support or follow-up








## Reflection prompts:

- What has felt hardest to say out loud?
- What have I been hoping my partner would notice without me saying it?
- What would repair require from both of us, not just one of us?

## Before Distance Becomes the Decision, Pause and Name What's True

### Reflection prompts:

-  What level are we currently in?
-  What has become normal that should not be normal?
-  What have I been carrying alone?
-  What needs attention now, not later?
-  Are we avoiding repair, or are we avoiding the truth?



### Need support?

Request a consultation.

<https://www.mosaiccw.com/book-now>

Therapy, coaching, and relational support available.

### Important note

Awareness is not failure. It is the beginning of change.

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