

Long-Distance Relationship Strategies Worksheets

1. Identifying Challenges

List the specific challenges you and your partner face in your long-distance relationship. Consider aspects like communication barriers, time zone differences, and emotional connection.

2. Maintaining Emotional Closeness

Identify activities that can help maintain emotional closeness despite the distance. Consider regular video calls, shared experiences, and virtual dates.

3. Managing Expectations

Discuss and set realistic expectations for communication frequency, visiting each other, and managing daily life separately.

4. Building Trust

List actions or exercises you can undertake to build trust within your long-distance relationship.

5. Planning Visits

Create a plan for future visits, including how often, potential activities, and how to balance visit time with other life responsibilities.

6. Long-Term Relationship Goals

Outline your long-term goals as a couple, including plans for eventually living in the same location.
