

MAPPING OUR MOMENTS OF CONNECTION

A Companion Worksheet for the Married but Feeling Alone Series

Free Download

This worksheet accompanies the Living Christianly Reflection [When the Person Beside You Feels Far Away — September 22, 2026](#). Read the Reflection for deeper teaching about emotional intimacy, internal experience, and the difference between communicating and truly connecting.

We can live beside someone we love and still feel unseen or emotionally far away. Connection begins when we notice where closeness is already present, recognize what happens when distance develops, and communicate our internal experience more clearly. Use this worksheet individually or together, moving slowly and honestly.

1 Notice Where Connection Is Present

Think of moments when you have felt understood, cared for, or emotionally close to your spouse. What helped create that connection?

A Moment I Felt Connected	What Helped Me Feel Close
<i>Example: We talked without checking our phones.</i>	<i>My spouse listened and asked questions.</i>

2 Notice Where Distance Emerges

Choose one recent moment of disconnection. Separate what happened from the meaning you gave it and the feeling or need underneath your response.

What Happened	What I Told Myself It Meant	Feeling or Need Underneath
<i>Example: My spouse became quiet.</i>	<i>They do not care what I feel.</i>	<i>Lonely; needing reassurance.</i>

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3 Make One Part of Your Internal World Visible

Complete the sentence below without blaming, accusing, or assuming your spouse's motives.

When _____, I feel _____ because _____.

What I hope you can understand is _____.

4 Choose One Small Step Toward Connection

Do not try to repair everything at once. Choose one realistic action you can take this week.

My next step:

When I will do it:

A Scripture to Carry With You

"Let each of you look not only to his own interests, but also to the interests of others." -
Philippians 2:4, ESV

What might it look like to become curious about your spouse's internal experience while also communicating your own more clearly?

A Brief Prayer

Father, help us notice where distance has grown and show us one faithful step toward understanding. Give us courage to speak honestly, humility to listen carefully, and wisdom to pursue connection with truth and love. Amen.

If conversations in your marriage involve intimidation, coercion, threats, or abuse, prioritize safety and seek qualified professional support rather than completing a vulnerable conversation exercise alone.