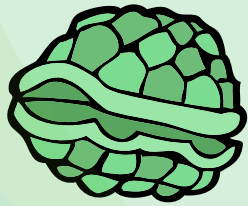
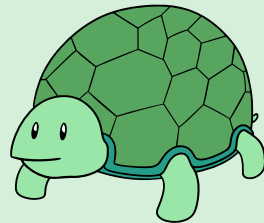


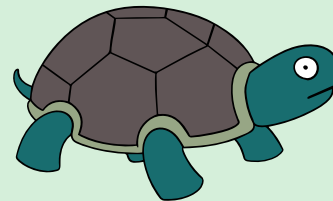
WHAT TO DO IF YOU SHUT DOWN IN YOUR RELATIONSHIP



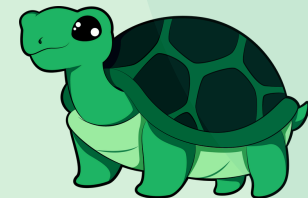
Let your partner know that you are feeling overwhelmed



Ask for a pause so that you can reset



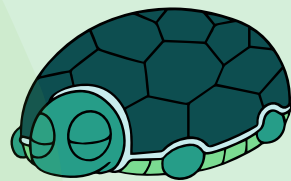
Tell your partner that you want to resolve this



Let your partner know that you care about them



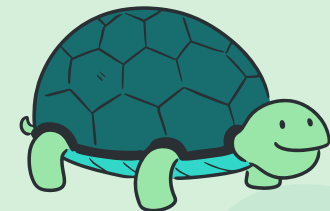
Take some time to breathe & listen to your emotions



Organise your thoughts - what hurts? What do you need?



Come back to your partner & share vulnerably



Be open to hearing their perspective & compromising