

Keeping in touch vs. keeping tabs

It's annoying when people don't get back to you. You just know they've seen your texts and are deliberately ignoring you. But who knows what's really going on? (Are they stuck in an elevator? Did they drop their phone in the toilet? Are they busy?)

It's fine to express concern, but don't become controlling. Stay calm and give them some time to get back in touch.

LOVE like THIS



You want to be together

Today 1:28 PM
Wanna hang out later?

Today 3:36 PM
Let me know if you want to make plans.

Today 5:41 PM
I made plans. But I'm worried about you. Text when you can plz.

Concern not conflict

Give them space

The illustration shows a group of colorful cartoon cats sitting in a movie theater. One yellow cat in the foreground is looking at a smartphone. A text message conversation is overlaid on the right side of the scene. The messages are: 'Wanna hang out later?' (1:28 PM), 'Let me know if you want to make plans.' (3:36 PM), and 'I made plans. But I'm worried about you. Text when you can plz.' (5:41 PM). A green box at the top left says 'You want to be together'. A green box at the bottom left says 'Concern not conflict'. A green box at the bottom right says 'Give them space'.

NOT like THIS



Today 1:31 PM
Wanna hang out later?

Today 1:45 PM
Hello?
Where r u!?

Today 2:05 PM
WTF?
Who are you with?

Fine. Don't bother picking me up tomorrow.

Controlling

Now you're fighting

Escalates quickly

The illustration shows a yellow cartoon cat in a room, looking angry and holding a smartphone. A text message conversation is overlaid on the left side of the scene. The messages are: 'Wanna hang out later?' (1:31 PM), 'Hello?' and 'Where r u!?' (1:45 PM), 'WTF?' and 'Who are you with?' (2:05 PM), and 'Fine. Don't bother picking me up tomorrow.' (2:05 PM). An orange box at the top right says 'Controlling'. An orange box at the bottom left says 'Now you're fighting'. An orange box at the bottom right says 'Escalates quickly'.