

# 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.

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*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*

**NOT** like **THIS**

*Controlling*



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.

*Now you're fighting*

*Escalates quickly*



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