

PLANNING / WORKBOOK

Long-Distance Relationship Workbook

Agree on a realistic contact rhythm, plan visits, and handle missed calls without turning availability into a test of love.

5 pages | Four short planning sessions

A good way to use this

1. Use the same PDF while on a call, or write separately and share only what you choose.
2. Plan around real schedules and local time zones.
3. Try the rhythm for two weeks before deciding whether it works.

Inside your resource

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Use together only when both people freely want to participate. You can pass or stop. These are original educational exercises, not a clinical assessment or a substitute for individualized care.

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01 / Long-Distance Relationship Workbook

Make room for two real lives

Write down when connection is realistic, not when you wish both people were always free. Include work, sleep, friendships, care responsibilities and time alone.

EXAMPLE "I cannot reliably message during my shift. A note I can read afterward means more to me than feeling I have missed a live conversation."

01 My usual busy or offline times, in my time zone, are...

Partner A

Partner B

02 The kinds of contact I most enjoy, and how often they feel manageable:

Partner A

Partner B

03 What I want my partner to understand when I cannot respond quickly:

Partner A

Partner B

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02 / Long-Distance Relationship Workbook

Build a contact plan with a backup

Choose a small number of reliable touchpoints. A missed call needs a practical repair, not a demand for location proof or instant access.

EXAMPLE "Sunday at 6 p.m. Denver / 8 p.m. New York. If one of us cannot make it, we propose two alternatives. A short voice note works on an exhausted day."

01 Our planned calls or messages, with both time zones written down:

Our notes / the named person's response

02 How we will let each other know a plan needs to change:

Our notes / the named person's response

03 A low-energy or poor-connection alternative we both like:

Our notes / the named person's response

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03 / Long-Distance Relationship Workbook

Plan a visit without hidden assumptions

Discuss money and time before making commitments. Leave room for rest and ordinary life as well as special activities; a visit does not have to prove the entire relationship.

EXAMPLE "I want one day out together and also time to see your normal routine. Let's check the travel cost and time off before committing."

01 Possible dates, travel arrangements, cost limits and who will handle each detail:

Our notes / the named person's response

02 What each person hopes the visit will include, including downtime:

Our notes / the named person's response

03 What we need to discuss before booking, and our backup if plans change:

Our notes / the named person's response

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04 / Long-Distance Relationship Workbook

Talk about the next chapter

You can discuss hopes without inventing certainty. Separate what you want from what is currently possible, and name when you will return to unresolved questions.

EXAMPLE "I want us in the same place eventually, but I cannot promise a move this year. Could we discuss realistic options again after my contract review?"

01 What I hope our relationship will look like in the next year:

Partner A

Partner B

02 What would need to change for us to live closer, if that is what we both want?

Partner A

Partner B

03 One question we can answer now and one we need to revisit later:

Partner A

Partner B

Keep a little time for each other.

The Connected Couples App can give you one shared daily question even when your days look different. Choose a time that suits both partners; constant availability is not required.