

FOR THE FRIENDSHIPS ON SLOW LEAK.

DISTANCE GROWS WHEN YOU'RE NOT LOOKING

Distance grows slowly and then all at once; noticing it is the first move

THE STOIC PRINCIPLE

Closeness does not end with a fight. It ends with twelve unanswered texts and 'we should catch up' for nine months. The good news: it can be repaired with the same small movements that broke it.

THE STOIC SUPPORT

"People exist for one another. You can either instruct or endure them"

MARCUS AURELIUS | MEDITATIONS

STOIC STEPS FOR RADICAL RESILIENCE

Five small moves for the friendships that have been quietly fading.

01 NOTICE THE GAP HONESTLY

When did you last actually talk? Not 'see at a barbecue.' Talk. If you cannot remember, that is the answer.

02 DROP THE NO-STAKES MESSAGE FIRST

Not 'we need to catch up.' Just: 'saw this and thought of you.' A photo, a song, a one-liner. Low stakes. High signal.

03 CALENDAR THE EASY THING, NOT THE HARD THING

Coffee. Walk. 20 minutes on a phone call. Not dinner with the spouses and kids in 6 weeks. The easy thing rebuilds the muscle. The hard thing kills the rebuild.

04 DON'T OPEN WITH THE AUDIT

'Why have we been so distant?' is a great question for couples therapy. It is a terrible opener for repairing a friendship. Skip it. Just be there.

05 MAINTENANCE BEATS RESCUE

Once you are back in motion: short, frequent, low-stakes. Two memes a month beat one heart-to-heart a year. The relationship lives in the texture.

THE REFRAME

People exist for one another. The drift is fixable. The cost of letting it set is the only thing you should be afraid of.