



How to have the "where is this going" conversation

Cut out the card along the dashed line (6 by about 4 inches). Say one line, then stop and listen. Use your own words when they come.

The "where is this going" talk

1. Say where you stand first: "I'm not seeing anyone else. Where are you?"
2. Ask one thing: exclusive? a couple? looking for something serious?
3. In person or on a call, at a calm moment. Ten minutes, not a summit.
4. Take the answer at face value. Don't argue them toward a better one.
5. "Not yet" is allowed. Name your timeline: "Can we check in after the holidays?"

More lines from the page

- I like this a lot. I'm not seeing anyone else and I don't want to be. Where are you?
- I'm not in a hurry to put a label on it. I just want to know if we're both only doing this.
- I should be honest about what I'm looking for, which is a relationship, not something casual. I'd rather find out now if that's not where you are.
- This doesn't have to be a big talk. I'd just like to stop guessing.
- I'm okay not deciding today. Can we check in again after the holidays? If you still don't know by then, I think I'll want to step back.

If you are afraid of your partner, scripts are not the answer: call the National Domestic Violence Hotline at 1-800-799-7233 or text START to 88788. In danger, call 911.