I need to share something that's been on my mind. To be honest, I could have kept this to myself. But I've committed to breaking old patterns and fostering healthier relationships, which means I have to be open and address things directly. I don’t know if I’m right or wrong with this approach, but it’s my best shot.

You mentioned that nothing has changed between us, but after the weekend, I noticed a shift in our dynamic. It almost feels like you’ve been avoiding conversations and barely communicating. I understand you might have your reasons, but it feels unfair and confusing. I really appreciate the small gestures like when you send sweet and funny text messages—it meant a lot to me. However, I’ve noticed those gestures have become less frequent, and it’s left me feeling unsettled. I value open communication, progress, consistency, and partnership, and I thought we were on the same page. This past week has felt like a step backward, and it’s disappointing and saddening.

I felt a bit foolish for putting so much energy into building an emotional connection, taking a leap of faith, and opening up about vulnerable things. I wanted to show you how seriously I take you, your time, and your story, and in appreciation and validation for you letting me in. But the truth is, without a minimal emotional connection, I can’t see us moving forward.

In our last conversation, you unintentionally triggered a couple of feelings that made me very uncomfortable. I recognize that this is partly on me. I told you how much I admired your ability to listen and show that you care, so I assumed that you would be there to talk, especially because I had been sharing how I was feeling throughout the day. But I guess I was wrong. I understand that you work, and I also have a busy week most of the time, but that’s why I proposed we find time to catch up later in the day. Communication is very important for me, not in quantity but in clarity and effectiveness. If we want to build a solid connection based on trust and transparency, we need to prioritize this.

Also, it was bothering me very much that for the second time in a row, you mentioned hanging out with Quebec people without being upfront about what that means exactly. Then you let me know Claudia’s friend is there, and then you vanish. I don't know what kind of signal you want to give me here, but I was clear that I don't like these games. Jealousy is not something I'm willing to cultivate, and I am actually about to cut it high and dry. I need clarity instead of mixed signals.

You asked me to be more specific about my weekly routine so we could plan something ahead of time, and I put a lot of thought into it. But when I asked about yours, I got the generic version, like nothing is happening, and then you have something to do out of nowhere. I was confused, and I still am. Why bother to ask if it doesn’t mean anything?

I gave everything you asked me to address a try, even though it was not easy for me. I put some effort into it to show that I appreciate everything you have done, putting in some thoughts on your journey so far, how you feel about it, and how I could be more supportive.

You mentioned hanging out with Quebec people and then vanished, which felt like a game to me. Jealousy isn’t something I want to cultivate, and I need clarity instead of mixed signals.

I’m trying my best to create, nurture, and maintain a healthy and safe environment for our connection to flourish. I’m learning to communicate my feelings compassionately and empathetically without hurting you while also addressing misunderstandings and difficult issues. This is a new territory for me, and I’m genuinely trying to navigate it the best I can. I hope we can find a way to work through this together. I’m feeling confused and would appreciate your perspective.