Your issues with me:

I get very defensive when you come to me with your feelings

1. I do not give you the time that you deserve
2. I do not understand you in the way you want me to understand you
3. I am not able to show love the way you prefer
4. You think I take you for granted
5. You think I am all words, no action
6. I am not good enough for you emotionally
7. I need to grow up mentally
8. I need to be your peace and I’m the opposite right now

What I think issues are:

1. I get flustered stressed and anxious when I have too much simultaneous work to do like talking + working
2. I am not able to communicate minute details of what I am doing so you understand my pov.
3. I haven’t done as much as I should have for us in the last few weeks
4. I do not do well when when you come with your feelings aggressively. Not your fault, its how you are
5. You also sometimes get unreasonable, but then its LDR and I don’t blame you.