

WHAT I LEARNT DURING 60.000 HOURS
IN A LONG DISTANCE RELATIONSHIP

LDR Guide

KARINA FERRAIOLI



**Copyright 2020 ©
Karina Ferraioli,
all rights reserved.**

*This e-book is registered by law.
No part of it may be reproduced,
distributed or transmitted in any form
or by any means, including
photocopying, recording or other
electronic methods without the prior
written permission of the publisher,
except on the case of brief quotations
embodied in reviews and certain
other non- commercial uses permitted
by copyright law.*

Contents

**CHAPTER I: STARTING A LDR, A NEW WORLD TO
DISCOVER.**

**CHAPTER II: HOW TO COMMUNICATE YOUR
ENVIRONMENT YOU ARE IN A LDR.**

CHAPTER III: DEALING WITH LDR MYTHS.

CHAPTER IV: CHANGING HABITS.

**CHAPTER V: MAKING NEW FRIENDS OF THE LDR
COMMUNITY.**

**CHAPTER VI: SOCIAL MEDIA IN LDR + INGREDIENTS
FOR BEING SUCCESSFUL.**

CHAPTER VII: RECIPES FOR THE DAYS YOU FEEL LOW.

CHAPTER VIII: SAVING MONEY AND PLANNING TRIPS.

**CHAPTER IX: HOW TO DEAL WITH SPECIAL
OCCASIONS APART + TRANSITIONAL
OBJECTS.**

CHAPTER X: LDR AND SEXUALITY

**CHAPTER XI: MEETING FAMILIES,
PLANNING THE FUTURE.**



Introduction

What I
learnt in
more than
60.000
hours in a
ldr...





Hello everybody! I am Karina and as you, I am doing my best for being with my loved one. After more of 7 years of being in a Long Distance Relationship -from now on LDR- and still counting, I have reminded my first years in a LDR and how difficult has been (and it is still being) everything: finding someone to understand me, to talk about my feelings, my fears, feeling comfortable while talking about my LDR to others...

It has been really difficult to find it in my first years, that is why I was thinking what I would have loved to have when I started my LDR in the year 2013, and I came up with the idea of writing a brief but important guide for everyone that is in a LDR.

This guide will be based, mostly, in my personal experiences. Through this 7 years (and still counting) I have experienced many things: good, bad and neutral. My idea with this e-book is telling what I learnt from experience and from other's experiences related to LDR.

After this 7 years of LDR which means more than 60.000 hours of being in a LDR I finally made the decision to share my life experience as a motivation and as a way to helping people who has doubts, fears or just nobody to talk and need to know more people is in the same situation.

Everything started one day while reading a book of Malcolm Gladwell called "Outliers. The story of success"

The author writes about the success and he mention the rule of the 10.000 hours, telling that for being specialist of something you must have at least 10.000 hours of practice. Which means 10 hours per week in 20 years, 20 hours per week in 10 years or 40 hours per week in 5 years.

Why am I talking about success in a LDR guide? Well, I am explaining how I came up with the idea of writing this guide, while reading this book I realised I have been practising LDR in a full time basis for the last 7 years, which means I have more than 10.000 hours of experience, this means I am an LDR expert, impressive, right?

Probably some of you are now discovering that (as me) you are LDR experts while some others are just starting to discover this new world, the LDR world...

To all of you congratulations, because being in the LDR world is not for everybody, take it as a blessing from the universe because LDR is not for a lifetime, being in LDR today will teach us a lot for the tomorrow, for the future of our relationship.

When I became conscious of the fact that I had experience in LDR and that some things that happened to me were happening to other people also, I realised I needed to give something valuable for the LDR Community and I came up with the idea of this guide, where I tell my personal experiences and knowledge of the LDR World.

This guide is for every people in LDR no matter if you are an expert or not, here you will find advices, ideas, common questions, fears, motivation and more!

Because everybody in a LDR deserves to have a guide (inexistent in LDR until now), the world is uneducated about LDRs, let's start to educate our environment and don't let other make us feel strange because our loved one is in other part of the world.

**Being in LDR today
will teach us a lot
for the tomorrow,
for the future of
our relationship.**



Chapter 1

*Starting a ldr:
a new world to
discover*



At the beginning I will start talking by my experience, I started a LDR before meeting him in person, so, mostly I will be talking of this kind of relationship (native LDR) but as I am aware of the existence of LDR that became LDR after being Short Distance Relationship - from now on SDR- I will dedicate a paragraph to it also.

When we talk about starting something, generally we talk about making a decision, doing something rational: starting a University career, starting a new work, starting a new habit (such as going to the gym, eating healthy). But when we talk about starting a relationship there is no reason that matters, it is a heart decision.

We just can't decide how, when or where to fall in love, love is in the Universe and Universe is huge, we can't be rational when

we are talking about love. Generally it happens suddenly and when we stop one moment for thinking we are already in, this was my case, I had no time for asking myself if I was prepared for having a relationship with someone living in other country, other continent. It just happened.

It started as a friendship but it took not so much time to mix with love. At the beginning I didn't know anything about LDRs (Long Distance Relationships), I had so much questions in my mind, I was confused about our feelings (friendship, love?) Was it possible to be loving someone I never saw in my entire life?

I was afraid of having a very strong feeling for someone so far from me. I was not prepared to share this with someone else, not for now, how wrong I was! I didn't know anything about the LDR community and I didn't know anything about all the people in the same

situation as me.

If you are recently starting a LDR let me tell you, never feel ashamed, it is something more normal than we can think at a first sight. Now in the XXI century, with Internet, Smartphones and lot of people moving from one to other part of the world in just hours, the boundaries seems to be easier to overcome than 100 years ago.

Just a part of the society is not as much prepared or open as it should be, we are sharing our lives with other generations (parents/grandparents), most of them used to traditional relationships, most of us are Millennials, known as sons/daughters of the globalization.

LDRs probably existed in past, but between members of the same country, probably communication was through letters, telegraph and way of transport was train, so

being in a relationship with someone from other continent doesn't seem to have been something very common. Also, the Universities and companies had pretty few multicultural and exchange programs, so people was just studying and working in one place.

I am a proud millennial and I can tell nowadays we are lucky to be living in this century, in a world where different cultures are mixing all the time, in a world with wide options of fast communication and fast ways of transport, this things widen our world and are very important for a successful LDR.

But telling that current conditions for having an LDR are given doesn't mean LDRs are for everybody, being in a LDR will change your way of life, it is a huge challenge and is not for everybody, I am telling this after more than 6 years in a LDR, after seeing people

succeeding and failing, including 2 of my friends that tried LDR but it didn't work, I saw people trying to make it work but for making it work both members of the couple must be aligned and in the same sintony.

Native LDR: If you meet your loved one on the Internet

Internet is, as the world in itself, a place with good and bad people, a place of workers, students but also a place for criminals and bad people, so, we must be careful because there we can find the best and the worst things, so when we are starting to know someone it is important seeing who is on the other side, not just messaging, having video call is very important, seeing that the person on the other side is the same as we see in his/hers profiles, not someone who is creating random accounts on social media

for damaging random people. Don't allow yourself to fall in love with someone that doesn't want to video call, don't allow yourself to fall in love with someone just by reading his/her messages. Words can be beautiful but won't make a relationship last.

The most important moment for deciding if go on (or start) the LDR is the first video call, there you will see the other person, hear his/her voice, look at his/her eyes. It can be great messaging with him/her but when you videocall the magic can disappear or on the contrary! Messaging can be just fine but video calling can be even better. So my advice is to not wait too long till this instance because in this moment you will realise if entering to the LDR universe will be worth it.

In my case it was more than worth it, so here I am after more than seven years of this first Skype, this was a very important moment

for our relationship. We were messaging as just friends but Skyping made us closer and closer, and so our feelings and relationship started to grow.

When making a decision to start or not a LDR be equilibrated listen your mind and your heart, and find a deal between both.

I am writing to you considering you are 18 years or more which means you are the only responsible of your life and your actions. In case you are less than 18 doesn't mean you can't start a LDR of course you can, love knows no age, no gender, no limits! Just be aware you will have to depend a lot on your family.

Making a transition from SDR to LDR

I wanna write a short paragraph about this brave people, the ones that were already

in a relationship, but life circumstances made them be apart. Unlike the natives LDR, here they are used to being together, enjoying the physical company, and having to make the decision of starting a relationship in distance is very difficult.

The first (and obvious) feeling to appear is the fear: how to survive? how to overcome this? Lots of questions, doubts will appear but first of all being calm and giving it a try are the key. The relationship will change of shape, think it like this, but its essence will stay because love just don't disappear, but you will need to feed it everyday.

Instead of communicating with your body you will learn how to communicate with your soul and have a deep connection with your loved one.

Instead of showing your feelings through a hug you will learn to show them in many other ways you didn't even know that existed. In any case, SDR going LDR or native LDR if you love him/her don't give up because of the distance, because distance is temporary and love is forever, can seem a cliché but it isn't.

I wanna share with all of you, three useful questions that you can ask yourself before embarking in your LDR adventure:

1. Am I willing to adapt my lifestyle? In some cases very different time zones, different cultures, languages, religion...
2. Am I willing to take risks for this relationship?

3. Am I willing to be committed to a specific target such as saving money for visiting my loved one?

No matter your replies, remember to find a deal between reason and heart and in any case, never stay with a doubt, it is your life and you are alive for enjoying, taking risks, learning, if you just tell "no" for being scared to a new world you will probably regret in a near future, so it is better taking risks and seeing if it will work or not, that staying passive and just running away in the first attempt.

Now that you accepted the challenge be ready for changing your lifestyle, timetables, you will find yourself being more patient, responsible, hard worker, spiritual and creative.

Are you ready for all of this? Being scared is normal, we are human, not perfect, so it's our turn to be calm and start researching, reading stories and finding inspiration. We are all in this together!

**Welcome to the
LDR world, we
are all in this
together!**

