

00:00:15

Why are you so far away?

00:00:21

Where are you?

00:00:31

Bathroom?

00:00:32

Probably.

00:00:40

Hello.

00:00:47

What are they doing?

00:00:47

Dishes?

00:00:48

What time is it?

00:01:05

That can't be right.

00:01:15

Baby?

00:01:16

What are you doing?

00:01:17

Do you have any idea what time it is?

00:01:23

Why are you doing dishes in the middle of the night?

00:01:34

Hey, what's wrong?

00:01:46

You couldn't sleep? OK, I mean, I think maybe reading a book or something would be more relaxing or you know, listening to some calming music or something maybe.

00:02:30

Come on, can we leave the dishes for a bit?

00:02:45

Do you want to talk about it?

00:02:49

Or do you want to just digest whatever happened a little bit and talk about it tomorrow?

00:03:24

OK, What like a bad news kind of message?

00:03:31

What?

00:03:32

What do you mean?

00:03:33

What did it say?

00:03:44

"Don't know what's going on with you and I need space"
was that it ?

that's the entire content of that message?

no I didn't mean is that it like is that only you're upset about...I'd be upset too.

00:04:16

That's really confusing.

00:04:20

Do they mean like needing some space from your friendship?

00:04:29

Is that what you think they meant?
and you don't know why?

00:04:41

Oh, sweetie.

00:04:45

Oh, come here.

00:04:45

Come.

00:04:46

No way.

00:04:58

It's OK to be upset.

00:05:05

So when you don't get any form of warmth or any explanation, just cold, short, blank message like that, your brain tries to, I don't know, solve for X. Figure out the unknown factor and why they might feel like that.

00:05:40

I'm so sorry.

00:05:43

I know how much they mean to you.

00:05:58

What's too much, sweetie?

00:06:04

No, you are not too much.

00:06:11

You know, I think sometimes when people are going through something themselves, they just had this coping mechanism of needing to almost isolate themselves from everyone.

00:06:31

It's not even necessarily about you.

00:06:41

You think.. it could be something like that they're going through something and just need some time?

00:06:53

Or do they usually like, are they the kind of person that would reach out to you and would want to talk more? Like I, I don't know them well enough.

00:07:08

OK, got you.

00:07:09

Wow.

00:07:19

Did you fight or something recently?

00:07:34

There nothing wrong with you.

00:07:42

No, you've been going through a lot lately and you deserve support too.

00:07:50

So your friends are people that you tend to lean on and and it's OK to do that.

00:08:04

I think if that was the case, though, I would have wished that they would have communicated that to you...and in a way that's respectful of your feelings.

00:08:27

I think maybe you could try to talk to them tomorrow if they would be open to it?

00:08:38

You know, maybe just text them and say.. I don't know... what's in your heart and ask if they'd be willing to have a conversation? that it might feel better?

00:09:03

And if they don't feel open to that, then yeah, maybe just a little bit of space and I'm sure they will come back.

00:09:20

They love you.

00:09:21

I know they do.

00:09:39

You're not alone, OK?

00:09:46

You have me.

00:09:52

You can lean on me anytime.

00:09:56

I hope you know that.

00:10:01

I know sometimes it takes a while to allow yourself to do that in a relationship and I... don't know where I was going with that.

00:10:20

I guess just you mean a lot to me obviously, and I want to be there for you too.

00:10:37

I really do, in any way that I can.

00:10:48

Well continue to be there for you then, because I love you.

00:11:08

I love you enough to help you with the dishes tomorrow.

00:11:15

I actually like doing dishes, but not in the middle of the night.

00:11:26

What do you say we go back to bed?

00:11:28

OK, We can watch a silly movie, have some laughs and fall asleep to that in the background.

00:11:41

And then tomorrow is a new day.

00:11:45

OK?

00:11:47

If it feels right to reach out to your friend, then that's what you'll do.

00:11:55

And if not, then just know you're not alone, OK?

00:12:06

You're really not alone at all.

00:12:14

OK, OK, let's go back to bed.