

# The Distance Long Distance Relationship

## Workbook

*An activity book that will  
strengthen your LDR!*

By Michelle and Frank of  
[www.LovingFromADistance.com](http://www.LovingFromADistance.com)

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# About the Authors

Frank and Michelle met in May 2005 through a mutual friend at Michelle's college in Maine. Michelle and Frank started communicating with each other on a daily basis and soon became best friends. It was not until that next winter until Michelle found out Frank had deep feelings for her. This came as quite a shock to Michelle, since he never let on he loved her more than a friend. After some time of trying to remain "just friends," Michelle decided that she would never want to lose Frank to another girl, and admitted that, if Frank was still willing to be her boyfriend, she would love to be his girlfriend. On April 23, 2006, Michelle and Frank started their relationship and never looked back.



Throughout the journey, there have been many detractors, claiming that a long distance relationship would not work over the long term. That one of them would cheat on the other, or just the feelings would not remain without constant contact. While the relationship has not been as easy as either of them expected, they have remained strong, and more in love than the day before.

After proving the naysayers wrong for two years, Michelle and Frank decided to create a website that would offer support to the many other couples in long distance relationships. What started as a list of 12 activities for couples to do over a distance, has grown, in one short year, to over 75 activities and is a thriving community with over 1000 members. Now, they have released their first e-book *The Long Distance Relationship Workbook*, comprised of 12 workbook-type activities for long distance couples.

After over 3 years together as a long distance couple, both Michelle and Frank are ready to take their next step in their relationship and make their distance only arms length. Michelle is making plans to move down to Massachusetts to be with Frank and continue their life together. No more teary bus station goodbyes, and no more lonely rides up to Maine. Michelle and Frank are living proof that, indeed, "Love knows no distance."

## **So you're in a long distance relationship...**

For a lot of people, when they think “long distance relationship,” negative thoughts come to mind – especially for those that are not in a long distance relationship (LDR) themselves. It's really easy to get yourself down about the distance, the communication difficulties (technology problems, timing, phone tag, etc.) the intense missing of your significant other... I'm sure you can probably think of more examples.

We have created this workbook as a guide for you to turn to when you need a little pick-me-up to get yourself out of the dumps and back on track so you can focus on making your LDR work.

Sitting around and moping, missing your boyfriend/girlfriend, feeling sorry for yourself and throwing your own pity party, always bringing up how sad you are and how much you miss your boyfriend or girlfriend when your friends ask, “So how are you doing?”... None of this helps you! It is unhealthy for your mind **AND** your relationship.

**Negative minds do not create long lasting, fulfilling relationships – positive minds do.**

So whenever you find yourself dwelling on anything I may have said thus far, open up this e-book and do an assignment to re-motivate yourself and foster positive thinking.

If your relationship is not doing well at the moment, think of this e-book as self-help... you cannot help your relationship until you help yourself.

## How to use this e-book

This e-book is a workbook. Each chapter has a different “assignment.” You do not have to do the assignments in any particular order, and some of the assignments may not even apply to you.

Some assignments in this workbook can be done by yourself and others are meant for both you and your partner to work on together. We do not suggest that you force your partner to do this with you if they have no interest in it – trust me, forcing them to participate will not help if they are not really into it.

I recommend that you print out the assignments you want to do and fill them out. Write all over them. Do not just skim through this e-book and "think" about the assignments: DO them. When you are done, tuck them in your journal or a folder so you can look back at them later when you need them to remind yourself that you can make it in this long distance relationship. Looking back at completed assignments is a good way to see how far you have come since completing the assignment (so it is a good idea to date them!) Or even keep your assignments on hand so you can talk about the subject of the assignment with your partner.

## What is the goal?

The end results we hope you have after you have completed the assignments in this work book are:

- ♥ Increased confidence about your relationship
- ♥ A new excitement about your long distance relationship
- ♥ Become a better long distance partner
- ♥ Grow closer with your long distance boyfriend/girlfriend despite the distance!