

Chapter 4

Solitude in Relationships

Solo Together: The Balance of Alone Time in Relationships

Picture this: You're sitting with your partner after a long day. The two of you have a perfect evening planned — dinner, a movie, and some well-deserved relaxation. But halfway through, something strange happens. As much as you love your partner's company, your mind starts to drift. You think about that book you've been meaning to read, the solo walk you've been craving, or just the idea of sitting quietly with your own thoughts. Suddenly, “me-time” sounds like the best time.