

# Rewilding Connection: A Relationship Companion



**When Communication Breaks Down and You're Trying to Find Your Way Back**

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## What's Happening Right Now

There are moments in relationships where nothing has fully broken, and yet something feels off. The conversation is not landing the way it used to. One person feels distant, the other feels the shift and tries to move closer. Both care. Both are trying. And still, something isn't connecting.

You are not failing in these moments.

You are likely inside a pattern where two nervous systems are responding to the same experience in different ways. One person may be turning inward to process, regulate, or make

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sense of what they're feeling. The other may be reaching outward, looking for connection, reassurance, or clarity.

Neither response is wrong.

But without awareness, they can begin to work against each other.

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## **Before You Say Anything**

Before responding, before clarifying, before trying to fix what is happening, pause.

Notice what is happening inside your body. A tightness in your chest, a drop in your stomach, a sense of urgency to speak or withdraw. These signals often arrive before clarity does.

You don't need to resolve the moment immediately.

You can begin with something as simple as:

"I don't think I'm seeing this clearly yet."

This creates space for understanding instead of reaction.

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## **What You Might Be Assuming**

When communication breaks down, the mind moves quickly to fill in the gaps.

You may notice thoughts like:

- "They're pulling away."
- "They don't care."
- "Something is wrong."
- "I need to fix this right now."

Pause gently and ask yourself:

"What do I actually know right now?"

And if you're able, bring that curiosity into the conversation:

"I'm noticing I'm telling myself a story about what just happened. Can I check that with you?"

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This is how shared language begins to rebuild.

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## **How to Stay in the Conversation**

Staying connected in difficult moments does not require perfect communication. It requires willingness.

You can slow things down with simple, grounded language:

- “Can you help me understand what you meant?”
- “I want to understand before I respond.”
- “I’m feeling something, but I don’t want to assume what it means yet.”

There are also moments where the work is not deciding who is right.

It is allowing two truths to exist at the same time:

“That hurt me.”

“I didn’t mean to hurt you.”

Both can be real.

And staying long enough to understand both is what creates repair.

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## **Staying With Yourself While Staying Connected**

One of the more subtle challenges in relationships is learning how to stay connected without losing yourself.

When tension rises, it is easy to shift into over-responsibility. Trying to stabilize the other person, reassure them, or resolve the moment quickly so the discomfort goes away.

At the same time, when connection feels uncertain, there can be a pull to reach harder, to close the gap as quickly as possible.

Sometimes what we call love is fear trying to secure itself through another person.

Rewilding asks something different.

Can I stay with myself right now... even as I stay connected to you?

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This means allowing the other person to move at their pace without immediately translating it into loss. It also means allowing your own emotions to exist without requiring the other person to fix them.

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## **When You're Stuck in the Loop**

Some patterns repeat not because something is wrong, but because they have not yet been seen clearly.

You may notice a cycle like this:

One person speaks → the other reacts  
The reaction becomes the focus → the original message is lost  
One person withdraws → the other reaches  
The reaching feels like pressure → the distance increases

This loop can feel personal, but it is often patterned.

Instead of trying to win the moment, try pausing the pattern:

Pause the loop, not the relationship.

Even a small interruption can shift the direction.

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## **When You Have to Regulate Alone**

There are moments in a relationship when the person you most want to reach for isn't available in the way you need.

Not because they don't care.  
Not because the connection is gone.

But because they are at capacity, in process, or simply not able to meet you there in that moment.

This is one of the hardest places to stand.

Because everything in you may be saying:

"I need them right now."

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And at the same time, reality is saying:

“They’re not able to show up in that way.”

This is where a different kind of work begins.

Not relational work.

Self work, in the presence of relationship.

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## **First: Name What’s Happening**

Before trying to fix it or push it away, begin here:

“I’m activated right now.”

“I’m wanting connection and it’s not available.”

“This feels like distance, even if that’s not the intention.”

Naming shifts you out of reaction and into awareness.

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## **Then: Come Back to Your Body**

When connection is unavailable, your nervous system may escalate.

Your work is not to shut that down.

It is to support yourself through it.

Try:

- Placing a hand on your chest or stomach
- Slowing your breath, even slightly
- Letting your body feel supported (sitting, leaning, grounding your feet)

Not to make the feeling disappear.

But to remind your system:

“I am still here with myself.”

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## **Notice the Story vs. Reality**

In these moments, the mind may move quickly:

- “They’re pulling away.”
- “I’m losing them.”
- “Something is wrong.”

Pause gently and ask:

“What do I actually know right now?”

This creates space between feeling and conclusion.

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## **Stay With Yourself Without Shutting Down**

Regulating alone does not mean disconnecting from your needs.

You can want connection  
and still stay grounded in yourself.

You can feel the ache  
without turning it into urgency.

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## **Return When Ready, Not Reactive**

You don’t have to resolve everything immediately.

Sometimes the most supportive thing you can do for the relationship is:

regulate first, then return.

Not from overwhelm.  
From clarity.

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## **A Final Anchor**

Being able to hold yourself in moments like this  
does not mean you don’t need others.

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It means your connection to yourself  
is strong enough  
to carry you  
until connection returns.

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## **When It's Not the Right Time**

Not every moment is the right moment for resolution.

Sometimes what looks like disconnection  
is actually a difference in timing.

One person may be ready to talk.  
The other may still be trying to understand what they're feeling.

Forcing clarity too soon can create more distance, not less.

There is space in relationships for:

- pausing
- returning later
- allowing understanding to unfold over time

Timing matters as much as communication.

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## **When the Forest Comes Back Into Focus**

Love does not disappear as easily as it sometimes feels.

More often, it becomes filtered through stress, history, and misinterpretation until it no longer feels recognizable.

Nothing has been lost.  
The connection has not vanished.

It is simply harder to see in this moment.

Like standing in a forest at dusk, when the shapes around you begin to blur and your eyes have not yet adjusted. The path is still there. The trees have not moved.

It simply takes time for your vision to recalibrate.

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And if you stay long enough, without forcing clarity too soon, the outlines begin to return.

Sometimes the work is not in finding better words.

It is in learning how to stay present long enough  
for understanding to find its way back.

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