

VivaNexa

FREE & CONFIDENTIAL

That feeling something's changed?

10 quiet signs worth noticing
— and what to do next.

Private coaching, worldwide.

vivanexa.co.uk

10 quiet signs

Noticing a few of these doesn't mean the worst — it means it's worth paying attention. Read them gently, and trust what you feel.

- 1 The easy conversation has gone quiet.** You talk logistics, but the warm, unguarded chats have faded.
- 2 They've become more private — and it's new.** A change around their phone, time or whereabouts that wasn't there before.
- 3 Affection and closeness have slipped.** Touch and small intimacies happen less, almost without deciding it.
- 4 You feel more like housemates.** Co-running a life, but no longer really sharing it.
- 5 Their energy points everywhere except home.** Enthusiasm for everyone else, but not for the two of you.
- 6 Small things escalate fast.** Minor irritations spark a reaction bigger than the moment deserves.
- 7 You've started walking on eggshells.** Second-guessing what you say, or shrinking to keep the peace.
- 8 A distance you can feel but can't name.** A gap that wasn't there a year ago.

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You've put yourself last too long. Your sleep, energy and health have slipped — and it shows.

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A quiet voice says 'something's changed.' Worth listening to — not to panic, but to get curious and honest.

"Your life does not get better by chance, it gets better by change."

— Jim Rohn

What to do next

If a few of these landed, you don't have to sit with it alone. At VivaNexa we help people rebuild their energy, health and connection — privately, discreetly, and entirely online, in your timezone wherever you are.

Book your free, confidential call at vivanexa.co.uk/contact
Prefer to start quietly? The £29 Energy Reset Workbook is a gentle first step.