

Oliver Drakeford Therapy Releases ‘Roommate Phase’ Study Revealing Emotional Patterns for Couples Therapy Los Angeles

Oliver Drakeford Therapy, a leading provider of couples therapy in Los Angeles, released The Roommate Report, analyzing 1,299 relationship assessments to reveal warning signs of partners drifting apart — with 87% showing unhealthy conflict patterns.

THE ROOMMATE PHASE REPORT



What's Below The Surface Of The Roommate Phase?



74.6% Of people who say their relationship feels like they're roommates report feeling profoundly emotionally disconnected

Nearly 65% of people who report this say they almost never discuss emotionally significant topics like fears, dreams, and insecurities

64.8%

75% Say talking to their partner about their feelings is unlikely to help, and for 25.5%, their partner's listening makes it worse.

Say their disagreements either escalate into heated arguments or become hurtful rather than reaching resolution

87%

91% Say it's "Sometimes" or "Often" difficult to discuss what happened after a disagreement, leaving unresolved issues to go unaddressed.

Say one or both partners will often or always shut down and withdraw during arguments, and **70%** saying their partners hold a grudge.

64.8%



Oliver Drakeford Therapy

Adults, couples and family therapy
in Los Angeles and West Hollywood.

West Hollywood, California Sep 29, 2025 ([IssueWire.com](https://www.issuewire.com)) - **Oliver Drakeford Therapy**, a leading provider of **couples therapy in Los Angeles**, today released *The Roommate Report*, an analysis of 1,299 relationship assessments that highlights the warning signs and patterns in 'The Roommate Phase' of relationships. Located at **8702 Santa Monica Blvd, West Hollywood, CA 90069**, the practice is recognized for helping couples repair communication breakdowns, resolve conflict, and rebuild intimacy through evidence-based therapeutic interventions.

The “roommate phase” describes a stage in which romantic partners live together but feel emotionally disconnected, functioning more like housemates than intimate companions.

Key Findings from *The Roommate Report*

- **74.6% feel profoundly disconnected** — describing their emotional connection as “Rarely Connected” or “Disconnected.”
- **64.8% rarely discuss deeper topics** — such as fears, dreams, or insecurities
- **87% show toxic conflict patterns** — fights either escalate or become hurtful rather than resolving
- **70% resort to the silent treatment** — making constructive resolution impossible
- **75% report that talking to their partner is not helpful**—and 25.5% say that doing so will likely make them feel worse.

“These findings confirm what we observe every week in our couples therapy sessions: when partners stop having meaningful conversations, they start living separate lives and drift into a 'roommate'-like dynamic,” said **Oliver Drakeford, Clinical Director**. *“Our approach helps couples reconnect through targeted interventions that prioritize emotional intimacy and communication skills that restore connection.”*

The study offers a data-driven framework for understanding the decline in intimacy and provides hope for couples seeking to reconnect. Drakeford, a couples therapist with a decade of experience and a contributor to outlets such as HuffPost and The Zoe Report, notes that the “roommate phase” is an increasingly common symptom in the couples he works with in his West Hollywood practice.

The Roommate Phase Video: <https://youtu.be/HTIRi-B11IA>

Services to Help Couples Reconnect

Oliver Drakeford Therapy specializes in:

- **Couples Counseling** — addressing emotional distance and communication breakdowns.
- **Communication Coaching** — helping partners have deeper, more vulnerable conversations.
- **Conflict Resolution Skills** — transforming harmful fights into productive dialogue.
- **LGBTQ+ Couples Therapy in West Hollywood** — affirming and inclusive care.

Couples can learn more about The Roommate Report, take the free **Intimacy Quiz**, and download a 7-Day Relationship Workbook at: <https://www.oliverdrakefordtherapy.com/roommate>

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