

## Part 1: When Convenience Replaced Commitment



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We live in a time where connection is everywhere—but commitment feels optional. Texts replace conversations. “Hanging out” replaces dating. Situationships replace clarity. Many people say they’re in relationships, but what they really mean is they have consistent access to someone. That distinction matters more than we’re willing to admit.

Casual connections are designed for ease. They ask for minimal emotional investment, minimal accountability, and maximum flexibility. There’s nothing inherently wrong with that—casual connection

has its place. The problem arises when we dress it up as something deeper. When we call convenience a relationship, expectations get blurry and disappointment becomes inevitable.

A relationship, by contrast, requires presence when it’s inconvenient. It involves emotional responsibility, mutual effort, and a willingness to be seen beyond curated moments. Relationships aren’t just about enjoying someone—they’re about *choosing* someone, repeatedly, even when the vibe isn’t effortless.

What we’re seeing more of today isn’t a rejection of relationships—it’s an avoidance of the work they require. Casual connections offer the *feeling* of intimacy without the risk. And for a society increasingly uncomfortable with vulnerability, that tradeoff feels safe... until it doesn’t.