A PAUSE, A PRACTICE, A NEXT STEP

Relationship Anxiety

Uncertainty can feel loud in a close relationship.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Describe the facts

Write an observation without a prediction. “They have not replied yet” gives different information from “They are leaving me.”

01 / Notice and reflect

What do I know now?

02 / Notice and reflect

What story is worry adding?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: A therapist can help when worry or checking takes over. For threats, coercion, or fear, use safety resources in Crisis Support.

Read more: Research · Changes in relationship attachment over time

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.