A PAUSE, A PRACTICE, A NEXT STEP

Relationship Loss

A breakup or lost friendship can hurt deeply.

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.

Name what changed

Write one sentence about what you miss. You can leave the full story for another day.

01 / Notice and reflect

What needs care?

02 / Notice and reflect

What contact feels safe and useful?

03 / One next step

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

When to seek help: Ask for professional support if grief, checking, or isolation disrupts daily life. Use Crisis Support if you feel unsafe.

Read more: NIH · Navigating grief

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