

Taking a Break From Someone

Think through some space from a person, how long, and what you will say.

WHEN TO USE THIS

Use this when being around someone keeps leaving you worse off than before.

Who is this about, and what happens when you are around them?

What kind of space would help? Tick what fits.

- ☐ No contact for a set time
- ☐ Shorter visits
- ☐ Only in public places
- ☐ Texts only, no calls
- ☐ Other people around
- ☐ I am not sure yet

How long, and how will you know when to look at this again?

What will you tell them, if anything?

You do not have to give the whole reason.

Who could you talk to on a day you want to reach out to them?

A break is not a punishment. It is room to figure out what you want.