

The Quiet After They Left

For the loneliness after a relationship ends, when the days have holes in them.

WHEN TO USE THIS

Use this in the weeks after it ended, on an evening that feels long.

What part of the day do you feel it most?

What you miss about them, and what you miss about having someone.

THEM

HAVING SOMEONE

Who else is in your life right now? Anyone at all.

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What is one thing you could do this week that is only yours?

Missing the shape of a life is its own kind of missing. It counts.