

Whether to Let It Go

Weigh up a friendship that keeps hurting, and get clearer on what you want.

WHEN TO USE THIS

Use this when you keep going back and forth about someone in your life.

Be honest about both sides of it.

WHAT I GET FROM IT

WHAT IT COSTS ME

How do you feel in the hour after you see them?

What have you already tried?

What are your options right now?

- ☐ Say what is wrong and see
- ☐ See them less often
- ☐ Change what we do together
- ☐ Take a break for a while
- ☐ End it and say why
- ☐ Let it fade
- ☐ Keep it as it is for now

You do not have to decide today. Reading this back in a week often makes it clearer.

Letting go quietly is allowed. So is staying and trying again.