

Divorce and relationship loss

Finding My Next Step After Relationship Loss

Adults | 10 to 15 minutes

A relationship ending may affect routines, identity, money, community, and hopes for the future. Relief and grief can appear together. Choose one current concern without deciding whether you should forgive, reconnect, or feel a certain way.

Work privately if needed. Choose a manageable issue and avoid recording information that could make you unsafe if discovered.

Separate the needs

Sort the concern into emotional support, a practical task, or a decision requiring qualified advice. Different needs may call for different people.

Choose safe contact

Contact is not required to complete this page. A next step could be asking a trusted person to help organize paperwork or discussing communication boundaries with an appropriate professional.

1. What has changed most in my ordinary day?**2. Which need is emotional, practical, or a question for a qualified adviser?****3. What contact boundary would support my safety and stability?****4. Who could help with one specific next task?****Clinical use and adaptation**

Assess coercion, stalking, financial control, and child-related safety privately. Avoid shared assignments or mutual-blame framing when abuse is present. Clarify the limits of legal and custody guidance and refer appropriately.