

Estrangement

Choose What Contact Means for Me Now

Adults | 10 to 15 minutes

Being distant from family can bring relief, grief, pressure, or mixed feelings. You do not have to defend a permanent decision today. Choose one upcoming contact question, event, or message. Focus on what you want now, what is safe, and what practical consequences need support.

Consider one contact decision privately. Identify options, real constraints, and support before deciding whether to respond.

Make room for different options

Options may include no contact, limited contact, written contact, a mediated message, or more time. These are possibilities, not instructions. Notice whether outside pressure is making one option seem obligatory and what information you still need.

Prepare for the impact

Consider shared caregiving, housing, money, community ties, and emotional support. A boundary can be revised if you choose, but another person's demand does not set your timetable. If contact carries threats or stalking, seek appropriate individual safety support.

1. What contact question or event am I facing?**2. What do I want now, and what pressure or uncertainty is present?****3. What safety and practical consequences affect my options?****4. What boundary, support, or time to decide would help me?****Clinical use and adaptation**

Do not prescribe estrangement or reconciliation, diagnose relatives, or infer a complete family history from one account. Attend to culture, dependency, grief, disability, and coercion. Assess stalking or violence concerns privately. Journaling or stored messages may require a safe-storage discussion.