MANAGE THE IMPACT

Grief for What Was Hoped For

Grief can include losing trust, time, safety, belonging, hopes, or an imagined future. It can arise before a relationship ends, after separation, or even when contact continues.

OPTIONAL CHECK-IN - MARK ANYTHING THAT FITS

- [ ] I miss what I hoped the relationship would become.
- [ ] I grieve time or opportunities that passed.
- [ ] I miss a familiar role or sense of belonging.
- [ ] I feel anger and sadness at the same time.
- [ ] I mourn a parent or partner I needed but did not have.
- [ ] I have moments of relief alongside loss.

REFLECT AT YOUR OWN PACE

What do I feel I have lost or had to set aside?

Which feelings come up when I acknowledge that loss?

You may skip any prompt. If someone monitors your device or papers, consider whether keeping this worksheet is safe.

Concepts informed by: Durvasula, R. (2023). Working with the Fallout of Narcissistic Abuse. PESI training materials.

MANAGE THE IMPACT

Grief for What Was Hoped For

These questions are for you, not for proving anything to someone else. You can write a few words, discuss them in therapy, or simply think about them.

EXPLORE WHAT MATTERS TO YOU

What has remained meaningful or intact in my life?

What deserves acknowledgement, without pressure to “move on”?

What might I gently reclaim, when I am ready?

OPTIONAL GENTLE PRACTICE

If you wish, name one loss and one part of yourself that is still here. There is no required timeline for grief.

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