REBUILD SELF-TRUST

Mixed Feelings Without Pressure

It is possible to care about someone, feel hurt, value a relationship, and want something to change. Mixed feelings do not mean you have failed or must decide immediately.

OPTIONAL CHECK-IN - MARK ANYTHING THAT FITS

- [ ] I notice hope and disappointment together.
- [ ] I care about the person and fear their reactions.
- [ ] I want closeness but also time apart.
- [ ] I worry about practical consequences of change.
- [ ] I feel pressure to make a final decision.
- [ ] I have different feelings on different days.

REFLECT AT YOUR OWN PACE

What matters to me about the relationship or connection?

What is costing me emotionally or practically?

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 Clients Experiencing NA/ARS: An Antagonism-Informed Treatment Approach. PESI training materials. | Durvasula, R. (2023). Being Culturally and Intersectionally Informed When Working with Clients Experiencing NA/ARS. PESI training materials.

REBUILD SELF-TRUST

Mixed Feelings Without Pressure

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 pressures from other people am I carrying?

What information would help me understand my options?

What is an appropriate next step that does not force a final decision?

OPTIONAL GENTLE PRACTICE

Write two sentences beginning “A part of me wants...” and “Another part of me worries...” Both can be true.

Concepts informed by: Durvasula, R. (2023). Working with Clients Experiencing NA/ARS: An Antagonism-Informed Treatment Approach. PESI training materials. | Durvasula, R. (2023). Being Culturally and Intersectionally Informed When Working with Clients Experiencing NA/ARS. PESI training materials.