PSYCHOEDUCATION / CLIENT HANDOUT

Why Decisions About Relationships May Feel Complicated

There is no one-size-fits-all timeline

Decisions about contact, staying, separation, or reconciliation may involve attachment, grief, caregiving, housing, finances, culture, immigration, disability, and safety. A person may have reasons to feel both hope and concern.

Pressure to make a quick decision can increase distress. Helpful support respects personal autonomy, recognizes unequal power or coercion, and helps the person consider options that are genuinely accessible.

If there is fear, intimidation, coercive control, or risk of retaliation, a qualified IPV service can assist with individualized safety planning. A self-help worksheet is not a substitute.

QUESTIONS YOU MAY WANT TO CONSIDER

- [ ] What matters to me?
- [ ] What constraints should a helper understand?
- [ ] Who can support me without pressuring me?

NEXT RESOURCE: Use Worksheet 05: Mixed Feelings and Worksheet 07: Culture, Power & Options.

Suggested reading: Durvasula, R. (2023). Being Culturally and Intersectionally Informed When Working with Clients Experiencing NA/ARS. PESI training materials. | Durvasula, R. (2023). Working with Clients Experiencing NA/ARS: An Antagonism-Informed Treatment Approach. PESI training materials. | Barrett, C. (2023). Narcissistic Abuse: Training for PESI Law and Ethics [slides in Legal and Ethical Considerations for Working with Narcissism and NA/ARS]. PESI training materials.