When I Miss Someone Who Also Hurt Me

An attachment and self-compassion reflection

Missing someone, caring about them, and recognizing harm can coexist. These feelings do not tell you what decision to make.

TAKE YOUR TIME If reconnecting could place you at risk, consider talking with a trusted professional before acting on an urge.

1. **What do I miss most about this person or relationship?**

2. **What moments were painful, frightening, or depleting?**

3. **What does the urge to reconnect seem to be asking for (comfort, familiarity, hope, relief)?**

4. **What safer ways might meet part of that need?**

5. **Who or what can support me during an intense moment?**

6. **What could I remind myself when I have two conflicting feelings?**

EDUCATIONAL SOURCES

Freeman, R. (2022). Trauma Bonds to a Violating Partner: How Neurobiology Can Work Against Victims of Narcissistic Abuse. PESI. | Baxter-Musser, K. (2022). Safely Leaving the Abusive Relationship: Do's and Don'ts for Therapists. PESI.