Before I Make a Relationship Decision

Supporting choice rather than pressure

You do not need to decide everything today. Decisions may be affected by children, finances, housing, support and personal safety.

TAKE YOUR TIME This is not a danger assessment or a separation plan. If you fear retaliation or violence, seek individualized safety planning.

1. **What decision am I considering, and is it urgent?**

2. **What matters most to me about this choice?**

3. **What practical realities or barriers need attention?**

4. **Could any option increase my risk or someone else's risk?**

5. **What information or professional advice would be useful?**

6. **What small step could support my autonomy without forcing an immediate decision?**

EDUCATIONAL SOURCES

Baxter-Musser, K. (2022). Safely Leaving the Abusive Relationship: Do's and Don'ts for Therapists. PESI. | Durvasula, R. (2022). Psychoeducation and Narcissistic Abuse: Different Types - Different Experiences. PESI.