WORDS YOU CAN BORROW

# You do not have to rush the repair.

Try this when it is safe:

**“I hear your apology. I still need time and consistent action before I can decide what contact feels right.”**

Forgiveness and renewed contact are personal choices. You do not owe either in order to seek support or move forward.

**Something I am not ready for:**

---

**Something that would help now:**

---

**Someone I can talk with safely:**

---

You can care about someone and still choose distance. Safety matters more than finishing a difficult conversation.



WHEN SOMEONE YOU LOVE IS STRUGGLING

# Your pace can matter, too.

Naming what hurt. Choosing support. Taking one step toward the life you want. Progress can begin there.

## Progress is Progress LLC

Mile or a Millimeter

www.progresscounselingprograms.com

### US SUPPORT

Medical emergency or suspected overdose: call 911.

Emotional distress or suicidal crisis: call or text 988.

Family support: SAMHSA.gov/families
Relationship safety: TheHotline.org

General adult education. Not medical, legal, or crisis services. Adapt plans to your circumstances and seek qualified help when needed.

### SOURCES / FURTHER READING

SAMHSA / Family support

The Hotline / Safety planning

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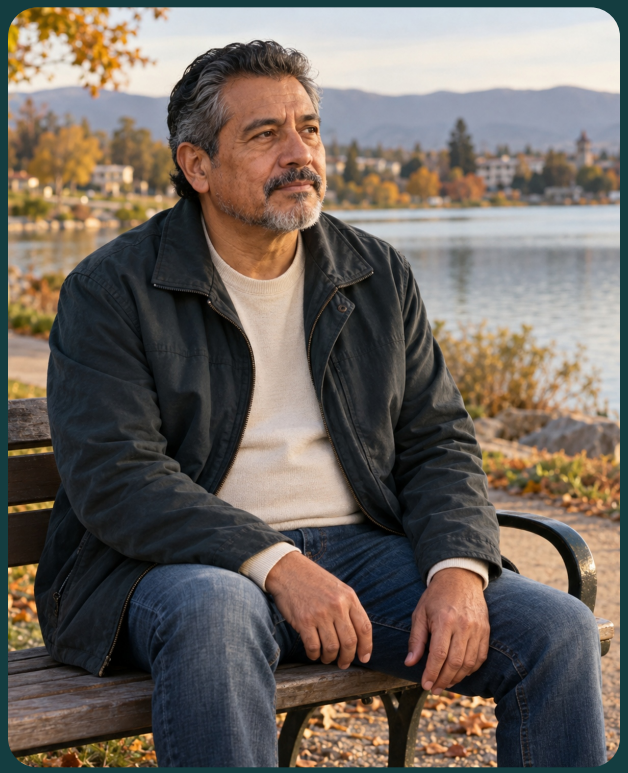
# What still hurts.

Room for anger, grief,
and choices about what comes next.



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01 / MAKE ROOM FOR THE TRUTH

# What remains unsaid?

A missed childhood moment. Money that never came back. An apology without change. You can name what hurt without minimizing it.

### NAME THE IMPACT

What changed for you? Trust, rest, finances, closeness, or the feeling of being able to count on someone?

### SEPARATE THE CHOICES

Feeling less consumed, forgiving, and reconnecting are different choices. None has to happen on someone else's schedule.

**What still affects me:**

**What I need acknowledged:**

### GO AT A MANAGEABLE PACE

You can skip a prompt or stop writing. If the material feels overwhelming, seek support rather than forcing yourself through it.



02 / THINK ABOUT REPAIR

# An apology is a start.

You can consider what would help you make a decision about future contact.

### ACCOUNTABILITY

Can the person name what happened without blaming you or demanding immediate forgiveness?

### CONSISTENT ACTION

What specific behavior would need to change over time? A promise alone does not tell you what will happen.

### CHOICE AND SAFETY

You can decide what contact is workable. Where abuse is involved, seek individual safety support before joint conversations.

**A sign of repair I would look for:**

**A limit I need while I decide:**

You can choose support for yourself whether or not repair becomes possible.



03 / CHOOSE YOUR NEXT STEP

# One step for your own life.

The step can involve support, distance, a practical limit, or returning to something you value.

### A REAL-LIFE EXAMPLE

"I'm not ready for a visit. This week I'll talk with someone safe about what I need."

**One thing I want more room for:**

**A step that feels manageable:**

**Support that could help:**

### CHECK BACK WITHOUT PRESSURE

What helped? What was too much? You can choose a smaller or different step.

**What I noticed:**

**What I want to adjust:**

A smaller step can still be progress.