THE TEXT I COULD SEND

You do not owe anyone a long explanation. If reaching out feels safe, try a short message in your own voice.

What I would like them to know:

One invitation I could make:

What I will do if they do not respond:

“I miss hanging out. Are you up for doing something this week?”

THIS COUNTS AS A LOSS.

Drifting apart, losing a group, or feeling left out can bring grief and relief. You do not have to dismiss it as drama.

“My friendships have changed. I feel more alone than I expected. Can we talk about it?”

Repeated targeting, threats, or harassment need adult support. A counselor can help when loneliness is taking over your days.

Someone I can talk honestly with:

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support. Immediate danger? Call 911.

Progress is Progress LLC

www.progresscounselingprograms.com

WHEN YOUR PEOPLE DON’T FEEL LIKE YOUR PEOPLE

Friendship changes can hurt. You deserve room to process it.



CONNECTION WITHOUT CHANGING WHO YOU ARE.

Progress is Progress LLC

Mile or a Millimeter

01 / NOTICE WHAT IS HAPPENING

WHAT CHANGED. WHAT I MISS.

You can care about a friendship and notice it no longer feels good.
Write only what you want to record.

What changed between us:

What I miss about the connection:

What I need in a friendship now:

Missing someone does not mean you have to accept being mistreated.

02 / WHAT I NEED

WHO HELPS ME FEEL LIKE ME?



Think beyond one group chat. Connection can grow through a shared interest, a familiar place, or one person.

A person I feel more relaxed around:

An interest I could connect through:

A low-pressure way to show up:

You can start small and keep boundaries.

03 / ONE REALISTIC NEXT STEP

A CONNECTION I CAN TRY

Choose one realistic step.
The goal is an opening for connection, not proving that everyone likes you.

- ☐ Message one person directly.
- ☐ Return to an interest or club.
- ☐ Invite someone to something small.
- ☐ Ask a counselor for support.

What I will try, and when:

How I will care for myself afterward:

“Want to walk, play, or hang out? No big plan needed.”