



check your breakup needs quiz

thebreakuptherapist.com

Is This Normal?

Do you need some breakup support?
Take this quiz to check your needs

How many of the below feel true or mostly true over the past month?

- You're not sleeping, or sleeping more than usual
- You can't stop thinking about the good times, which makes you simultaneously feel wonderful and terrible
- You've missed school, work, or that favorite aerial arts class you NEVER miss
- You can't stop checking your phone for texts or calls from your ex
- Two words: Random hookups
- Two more words: Drunk dialed
- You're actively certain you'll be alone forever
- Your friends seem tired of hearing about your ex, or you feel the need to censor yourself or downplay your grief around others
- You've thought or have been told "you should be over this by now"
- You appear totally "fine" and you or your friends wonder how that's even possible...
- You haven't left the house/your room/your bubble of comfort
- Your friends or family have expressed concern for your health or mental wellness

My hope is you'll encounter fewer of these experiences the more removed you are from your breakup. If that doesn't feel true for you, it may be time to seek some extra support beyond a friend or family member.



thebreakuptherapist.com

