

'CHECK YOUR BREAKUP NEEDS' QUIZ

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 14 days?

- 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
- You perceive your friends are tired of hearing you talk about your ex, or feel like you have to censor yourself with them re: what you REALLY need to talk about
- 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



If 5 or more of these descriptions resonated with you - you may benefit from some extra support beyond a friend or family member. Complete the Hoping to Connect form online to get started.

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