



Kim Saeed

Integrating emotional, physical, and spiritual recovery designed to heal trauma caused by toxic relationships



## The New Life Questionnaire

1. Three things I will gain by leaving this relationship are:

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2. The reason leaving this relationship will change my life is because:

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3. People besides myself who will benefit from my leaving are (e.g., children):

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4. Six to eight months from now, I'd like to see myself:

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5. If I found out I only had three months left to live, I would:

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6. I cannot go on with this relationship because:

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7. When I've been No Contact for fourteen days, I will celebrate by:

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Need help with going No Contact? Check out [The Essential No Contact Bootcamp](#)