



BLACK GIRLS
heal

No Contact and Detox Support Kit CHEATSHEET

These are also found in the "Steps to No Contact" download, but use these cheat sheets for quick reference whenever you have any of the following thoughts that makes you want to break no contact.

- [I'm strong enough. I won't respond.](#)
- [They still have my _____ or I still have their _____. What if they reach out to me to return it? / I want to reach out to them to get it.](#)
- [I have to say goodbye.](#)
- [What if they get sick? Have a panic attack? Have a parent who passes away? \[Insert random tragedy\] and I have to contact them to let them know.](#)
- [I just want to say "Happy Birthday" "Merry Christmas" "Condolences on your loss" "Congratulations". That's it. I don't want to talk to them, but I don't want to be mean or rude.](#)
- [They are the one. If I disappear \(go into no contact\), I will lose them.](#)

What if I don't make it through my first time?

This happens. I didn't make it my first time either. But I kept trying and I utilized the support around me. If you follow the steps of this toolkit, you will. You have to get in the mindset that you have to do something different to get what you have never gotten. That means relying on your own willpower and "common sense" may not be best.

If you fail, once, twice, or 5 times, do not stop. You will be able to get through this. Hold on.

What do I do when I'm done?

Now you can evaluate if you are truly wanting to exit this relationship and never go back or try it again. If you want to try it again, DO NOT REACH OUT until you talk to a mental health professional or coach. Even in the best scenarios, doing this haphazardly without guidance on how to make the change real.

I also have a course titled the 90 Day Cure: How to Heal from Drama, Desperation, and (Over)Dependence on Relationships which may be a good resource as well.