

A BREAKUP CHECK-IN



What Am I Really Feeling?

A mini reset for the moments when
your emotions feel louder than your clarity.

BRIDGE COACHING BY LAURA

@coachingbridge.bylaura

BEFORE YOU DO ANYTHING

You do not have to solve this feeling.

Something happened. You saw his name, remembered something, checked his page, or suddenly felt the weight of him being gone.

Now the emotion is loud, and it feels like you need to do something: text him, check again, explain yourself, or make a decision.

Pause here.

We are not trying to make the feeling disappear. We are slowing the moment down long enough to hear what is actually happening inside you.

A feeling can be real without being an instruction.

Move through these pages in order. Be honest, not perfect. You only need enough space to choose instead of react.

STEP 1 - NOTICE

What just happened?

Write what happened first. Then write what your mind immediately told you it meant.

THE FACTS - What could a camera see or hear?

THE STORY - What did my mind say it means?

EXAMPLE

Fact: He watched my story.

Story: He misses me and wants to come back.

Right now, what do I know - and what am I filling in?

STEP 2 - FEEL

Name the wave.

If you could not simply say, 'I miss him,' what else might you be feeling? More than one feeling can be true.

- | | | |
|-----------------------------------|---------------------------------------|------------------------------------|
| ☐ Lonely | ☐ Rejected | ☐ Forgotten |
| ☐ Angry | ☐ Disappointed | ☐ Anxious |
| ☐ Confused | ☐ Ashamed | ☐ Unwanted |
| ☐ Afraid | ☐ Hopeful | ☐ Relieved |
| ☐ Grieving | ☐ Jealous | ☐ Powerless |

I also feel...

WHERE DO I FEEL IT IN MY BODY?

- | | | |
|--------------------------------|------------------------------------|----------------------------------|
| ☐ Chest | ☐ Throat | ☐ Stomach |
| ☐ Head | ☐ Shoulders | ☐ Other |

How intense is it right now?



Am I missing him - or what I felt when I believed I had him?

STEP 3 - UNDERSTAND

Feeling. Urge. Need.

They are connected, but they are not the same thing. The urge is one possible response. The need underneath it may be asking for your attention.

I FEEL	I WANT TO	I MAY NEED
Lonely	Text him	Connection
Rejected	Prove my worth	Reassurance
Anxious	Check his page	Grounding
Angry	Send the paragraph	Expression / boundary
Grief	Go back	Comfort / space to mourn

I am feeling...

That feeling is urging me to...

Underneath the urge, I may need...

The need is yours. The reaction is still a choice.

STEP 4 - PAUSE

What do I need right now?

Not for the rest of your life. Just for the next ten minutes.

- ☐ Move my body
- ☐ Cry without fixing it
- ☐ Write it without sending it
- ☐ Call someone safe
- ☐ Take a shower
- ☐ Sit outside
- ☐ Pray
- ☐ Eat or drink something
- ☐ Put my phone somewhere else
- ☐ Let the feeling move without solving it

For the next ten minutes, I choose...

You do not need a forever answer right now.

You only need to decide how you will care for yourself during this wave.

STEP 5 - CHOOSE

After the wave...

Come back when the intensity has shifted, even a little. You are collecting information about yourself - not grading your response.

What triggered me?

What was I actually feeling?

What did I believe the feeling meant?

What did I need?

What helped me stay with myself?

What can I see now that I could not see in the middle of it?

A NOTE FROM LAURA

The feeling returned. That does not mean you failed.

Some emotional waves pass and come back again. Missing him, feeling lonely, or wanting relief does not automatically mean you made the wrong decision.

This check-in helps you understand one moment. But if the same pull keeps returning, you may need more than another distraction. You may need a place to understand what the connection was doing for you, feel what is underneath it, and practice choosing without abandoning yourself.

WHEN YOU ARE READY

Why Can't I Let Him Go?

A 7-Day Reset

Seven guided days to help you understand the pull, sustain the feelings, and create enough space to choose instead of react.

DM 'RESET' TO @COACHINGBRIDGE.BYLAURA

You are not trying to stop feeling.

You are learning how to stay with yourself while you do.

Created by Bridge Coaching by Laura | @coachingbridge.bylaura

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