

# Estranged Family Relationship Processing Guide

*Honest, compassionate space to process family estrangement — your grief, your reasons, and your path toward healing.*

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Clinician: \_\_\_\_\_

*For those navigating family estrangement: Estrangement from a family member — whether initiated by you, by them, or mutually — is one of the most painful and stigmatised experiences a person can face. This guide provides space to process it honestly and with compassion for yourself.*

## THE STORY OF THE ESTRANGEMENT

**What led to the estrangement (as briefly or fully as feels safe):**

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**Who initiated it and how:**

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**How long the estrangement has lasted:**

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## WHAT I CARRY

**The grief I carry about this relationship:**

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**The anger, hurt, or sense of injustice I carry:**

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**The guilt or self-doubt I carry:**

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**What I miss, if anything:**

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## WHAT LED ME HERE

**The reasons the estrangement was necessary or unavoidable:**

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**What I tried before estrangement:**

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**What I know about my own safety and wellbeing in this decision:**

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## LIVING WITH ESTRANGEMENT

**How I handle social situations where the estrangement comes up:**

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**Relationships with shared family members — how I navigate these:**

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**What I need to make peace with — in myself and about the situation:**

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**What healing looks like for me, regardless of reconciliation:**

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