

14 Day Situationship Fatigue Detox Workbook

Gentle practices to stop settling and invite real love

Name	
Start date	
End date	

Your intention for this journey

Prompt	Your words
One sentence intention for these 14 days	
What I want to release	
What I want to invite	
Support I can reach out to	

This workbook is for personal reflection only and does not replace professional mental health care.

How to use this workbook

These pages are here to support you through fourteen days of gentle detox from situationship fatigue. You can take one day at a time or move at your own pace. There is no perfect way to do this. Use the tables for notes, small check marks and honest reflections. Return to any page whenever you need to remember how far you have already come.

Each day invites you to notice what is happening inside you, calm your body and take one small action that protects your heart. You are not fixing your entire love life in two weeks. You are slowly changing the direction of your choices.

Fourteen day progress tracker

Day	Date	Practice done	Mood 1 to 5	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

Extra notes for this journey

Day 1 The honest situationship inventory

Today you look with kind eyes at what this connection really did to your heart and daily life.

Daily check in	Status	Notes
Practice done		
I honoured my boundaries today		
I treated myself with kindness		

Moments from this connection that still stay with me

How my body felt during these moments

Patterns I am starting to notice

Extra reflections and notes

Day 2 Cooling the nervous system

Today you give your nervous system a small taste of being off duty and safe.

Daily check in	Status	Notes
Practice done		
I honoured my boundaries today		
I treated myself with kindness		

Things that make my system feel on alert

Small practices that help my body feel safer

My off duty time window today

Extra reflections and notes

Day 3 Naming the ambiguous loss

Today you honour this as a real loss even if there was never a clear ending.

Daily check in	Status	Notes
Practice done		
I honoured my boundaries today		
I treated myself with kindness		

Things I miss about this person or connection

Things that were always missing for me

Words I wish someone had said to me

Extra reflections and notes

Day 4 Creating a reality based timeline

Today you map the story as it really unfolded so your heart does not have to guess.

Daily check in	Status	Notes
Practice done		
I honoured my boundaries today		
I treated myself with kindness		

Key events in our story

How I actually felt at each moment

What the facts tell me now

Extra reflections and notes

Day 5 The contact reset

Today you choose a kind boundary around contact so your healing can breathe.

Daily check in	Status	Notes
Practice done		
I honoured my boundaries today		
I treated myself with kindness		

My contact plan for the coming days

What I am afraid will happen if I keep this boundary

What might become possible if I keep this boundary

Extra reflections and notes

Day 6 Detoxing from fantasy

Today you gently separate the imagined future from what truly happened.

Daily check in	Status	Notes
Practice done		
I honoured my boundaries today		
I treated myself with kindness		

The future I imagined with this person

What really happened between us

New futures my imagination can create for me

Extra reflections and notes

Day 7 The overgiving audit

Today you notice where you abandoned your own needs in order to keep the almost relationship alive.

Daily check in	Status	Notes
Practice done		
I honoured my boundaries today		
I treated myself with kindness		

Moments when I ignored or minimised my needs

What I wish I had said or done

A new boundary I am ready to practise

Extra reflections and notes

Day 8 Allowing your real wants

Today you give yourself permission to want more than almost.

Daily check in	Status	Notes
Practice done		
I honoured my boundaries today		
I treated myself with kindness		

In my next relationship I am allowed to want

Voices that say this is too much or unrealistic

My answer to those voices

Extra reflections and notes

Day 9 Writing your no more almost contract

Today you write a simple agreement with yourself about what you are done tolerating.

Daily check in	Status	Notes
Practice done		
I honoured my boundaries today		
I treated myself with kindness		

I am done tolerating

I am committed to practising

Words I want to live by in love

Extra reflections and notes

Day 10 Micro rituals of self devotion

Today you show yourself in small practical ways that you matter.

Daily check in	Status	Notes
Practice done		
I honoured my boundaries today		
I treated myself with kindness		

Small ritual of care I chose today

How my body responded to this ritual

How I can weave this into my week

Extra reflections and notes

Day 11 Listening to your body radar

Today you remember that your body has been speaking to you all along.

Daily check in	Status	Notes
Practice done		
I honoured my boundaries today		
I treated myself with kindness		

Past moments when my body whispered no

What I did instead of listening

What listening to my body could look like next time

Extra reflections and notes

Day 12 Practising clear low stakes honesty

Today you practise truthful words in places that feel safe enough.

Daily check in	Status	Notes
Practice done		
I honoured my boundaries today		
I treated myself with kindness		

A situation where I practised honesty today

What I chose to say

What happened after I spoke honestly

Extra reflections and notes

Day 13 Designing a detox aligned first date

Today you imagine a first date that honours your new clarity and calm.

Daily check in	Status	Notes
Practice done		
I honoured my boundaries today		
I treated myself with kindness		

Qualities of a first date that fits my healing

Questions I want to ask a new person

Green and red feelings I want to notice in my body

Extra reflections and notes

Day 14 Closing and opening

Today you gather everything you have learned and write the beginning of your next chapter.

Daily check in	Status	Notes
Practice done		
I honoured my boundaries today		
I treated myself with kindness		

Why I stayed in almost before

What it truly cost me

What I am choosing for myself from now on

Extra reflections and notes