

The No Contact Starter Kit



A compassionate guide to setting boundaries with toxic people - without guilt, fear, or looking back.

Welcome

Going no contact isn't about being cold, cruel, or dramatic. It's about finally protecting your peace.

Whether you're dealing with a narcissistic parent, an emotionally manipulative ex, or a friend who drains you - choosing to go no contact can be the most loving thing you do for yourself.

This starter kit isn't here to pressure you. It's here to *support* you.

You'll find:

- Signs that no contact might be the right choice
- Scripts to help you prepare or respond (without spiraling)
- A 3-phase roadmap to reclaim your space and sanity

You are allowed to walk away from relationships that are hurting you even if the world tells you to stay.



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About InnerKinder

InnerKinder is a safe space where you can become your best self

It's a space for anyone who feels ready to heal the parts of themselves that were never seen, never heard, never nurtured. The kid inside you - the one who still wonders if they're too much or not enough - deserves kindness. At InnerKinder, we know you have untold inner strength. We're here to walk with you on your journey to recognize unhealthy coping mechanisms, break through toxic patterns and realize your true potential - offering tools, support, and gentle reminders that everything you need is already within you.



To explore more resources and support your journey, visit us anytime at www.innerkinder.com - you're always welcome here.



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Part I: 6 Signs It's Time to Consider No Contact

If these apply to you, no contact may be the next step toward emotional freedom:

1. You feel anxious or sick before interacting with them.
2. They constantly cross your boundaries - even when you've expressed them.
3. You doubt your reality around them ("Did that really happen?").
4. You feel like you can never win—no matter how much you explain or try.
5. You walk on eggshells to avoid their mood or reactions.
6. You always feel drained, small, or guilty after spending time with them.



Part 2: The 3 Phases of No Contact

Phase 1: *Prepare*

- Acknowledge your truth: This relationship is causing harm.
- Make a safety plan if necessary (especially if abuse is present).
- Inform only those you trust. Not everyone deserves access to your decision.

Journal Prompt: *What do I feel when I imagine finally stepping away?*



Part 2: The 3 Phases of No Contact

Phase 2: *Implement*

- Block/remove access (phone, social, email).
- Use a boundary statement if contact is needed:
“I’m choosing to step away from this relationship for my mental and emotional well-being. Please respect my decision.”
- Set boundaries with enablers (those who pressure you to “reconnect”).



Part 2: The 3 Phases of No Contact

Phase 3: *Maintain*

- Expect emotional whiplash (guilt, sadness, even grief).
- Remember: It's okay to miss the person and still hold your boundary.
- Replace the chaos with care - create rituals of calm, safety, and self-reconnection.

Mini-practice: Each morning, affirm: *I don't owe anyone access to me if they mistreat me.*



Part 3: Scripts to Help You Say Less (and Stay Firm)

If you need to say something brief and clear:

- “I’m no longer available for this relationship. I wish you well.”
- “This dynamic has been harmful to me. I need space to heal.”
- “I’m choosing peace over pressure. Please don’t contact me.”

If someone challenges your decision:

- “This is not up for discussion.”
- “I understand you may not agree. I’m still moving forward.”
- “This is what’s best for me. I hope you can respect that.”



Part 4: Emotional Reassurance (for the Guilt and Doubt)

You may wonder:

“Am I being too harsh?”

“Do I owe them one more chance?”

“Will I regret this?”

These thoughts are *normal*. But ask yourself:

- Have they shown true change - or just promises?
- Is your inner child thriving in this relationship - or shrinking?
- What would you tell a friend going through the same?

Going no contact is not punishment - it's protection.

You are not selfish. You are not dramatic.

You are *allowed* to choose peace over pain.



In Closing

No contact isn't the end of your story.

It's the beginning of *your space, your clarity, your healing.*

You don't have to explain yourself to everyone.

You don't have to carry guilt for choosing peace.

You're allowed to walk away - and stay away.



Before You Go... Here's Your Next Step Forward

You've just taken one of the bravest steps a woman can take: you've told the truth about what's hurting you — and you've chosen yourself.

This Starter Kit gave you the foundation, but this is only the beginning of your healing.

If you're ready to go deeper — to break the trauma bond, rebuild your identity, and finally feel safe in your own life again — the next step is **The Freedom & Healing Method**, a gentle, self-paced 3-phase system to help you go no-contact without guilt, rebuild your identity, and finally feel free.

You deserve more than temporary relief.

You deserve deep healing, safety, and a future where your peace is non-negotiable.

[Explore the Freedom & Healing Method](#)



Your healing begins the moment you decide you're worth the work. (Because you are.)

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