

THE WAY HOME • HEALING LIBRARY

WHEN YOU MISS HIM

A gentle guide for the moments when
missing someone makes you question why you left.

Missing him is a feeling.
It isn't an instruction.

HEALING LIBRARY GUIDE #003



WHEN MISSING HIM GETS LOUD

Missing him doesn't mean you made the wrong choice. It means you're human.

The silence at night, the familiar reminders, the ache that shows up out of nowhere.

You can feel the grief and still choose yourself. You can miss him and still be healing.

You don't have to turn him into a monster to remember why you left.



WHY DO I SUDDENLY REMEMBER ALL THE GOOD PARTS?

Memory has a way of softening edges and spotlighting what once felt like home.

When you're hurting, it's natural to reach for the beauty you shared.

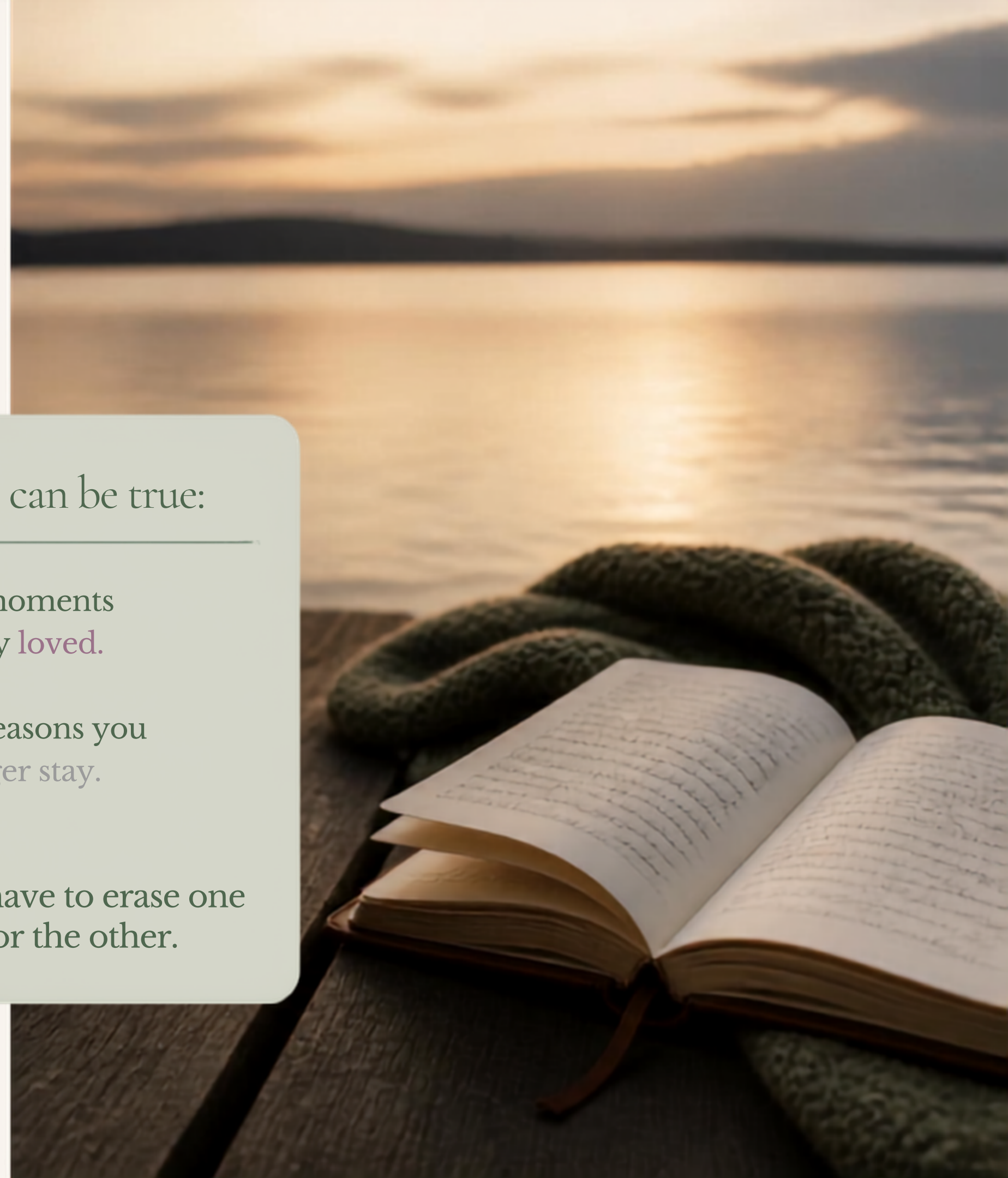
But remembering the good doesn't mean going back is the answer.

Two things can be true:

There were moments you genuinely **loved**.

There were reasons you could **no longer stay**.

You do not have to erase one truth to honor the other.



BEFORE YOU REACH FOR YOUR PHONE...

Give yourself a gentle reset before you act from a wave of missing him.

- 1 Put the phone down.
- 2 Put both feet on the floor.
- 3 Take three slow breaths.
- 4 Name what's happening.
- 5 Ask yourself one question.

An urge can
be real
without
becoming
an action.



WHAT ARE YOU ACTUALLY MISSING?



Before we rush to fix the ache, let's get honest about it. Slow down. Breathe. Notice what's really underneath. Check what feels true right now.

REFLECTION CHECKLIST

- ☐ Him
- ☐ Having someone to talk to
- ☐ The familiar routine
- ☐ Physical affection
 - ☐ Feeling wanted
 - ☐ The good version of our relationship
 - ☐ Who I hoped he would become
 - ☐ Who I hoped we could become together
 - ☐ Relief from loneliness
 - ☐ The comfort of something familiar
 - ☐ The feeling of belonging to someone
 - ☐ The future I imagined

WRITING PROMPT

If I could receive the thing I'm actually longing for without returning to the relationship, what might that look like?

REMEMBER THE WHOLE RELATIONSHIP

Reflection helps your mind remember more than your heart wants to.
Use these prompts to see the full picture with compassion and honesty.

What did I repeatedly have to
explain, excuse, forgive, or overlook?

How did I feel most often in
the relationship, not just
during the best moments?

What parts of myself became
smaller while I was trying to make
the relationship work?

What did staying cost me?

What have I begun to
regain since leaving?

Don't compare today's loneliness with yesterday's best memory.
Compare the whole relationship with the life you are trying to build now.

FOR TONIGHT

You don't have to solve everything tonight.
Choose one small act of care and let it be enough.



Step outside and breathe the evening air.



Light a candle and sit somewhere quiet.



Write the message you want to send, but don't send it.



Take a shower and change into something comfortable.



Read something that brings you back to yourself.



Text someone who makes you feel safe.



Go to bed early and let tomorrow be tomorrow.



What would feel like choosing
myself for the next ten minutes?

I can miss him
without abandoning myself to
make the missing stop.

Healing doesn't require forgetting.
It makes space for what was real
and for what's still true inside you.
You're allowed to remember.
You're allowed to grieve.

Missing him is a feeling. It isn't an instruction.

Come back whenever you need a quiet place to land.



THANK YOU FOR BEING HERE.

Come back whenever you need
a quiet place to land.

