

TORCH & SOUL

ARE THEY GONE FOR GOOD?

A guided finality check for when they go silent, disappear, pull away, or leave you wondering whether they will come back.

ONE CURRENT ABSENCE. ONE ACTUAL RECORD. ONE WORKING POSITION FOR TODAY.

You do not have to predict permanent silence before you are allowed to respond to what is happening now.

20-25 MINUTES • DOWNLOADABLE + PRINTABLE

Ignite Your Purpose. Fuel Your Soul.

Start With the Current Absence

Not the prediction. Not the label. The record you actually have.

When someone goes silent, disappears, blocks you, abruptly ends contact, or pulls away without a clean ending, your mind can get trapped in one question:

THE QUESTION

Are they gone for good, or are they going to come back?

You may have heard strong claims about what narcissists always do after they go silent. This tool will not use a label to predict the next contact. It will help you examine your actual silence, leave, and return record.

By the end, you will have a working position you can use today, even if future contact remains unknown.

Use This Tool For

- One current silence, withdrawal, disappearance, blocking, abrupt ending, or prolonged distance.
- A situation where you keep waiting for a text, return, apology, explanation, or sign of finality.
- A leave-and-return history that makes the current absence difficult to interpret.
- A current reality you need to name without pretending you can predict what happens next.

Do Not Use Silence to Prove

- Why they left.
- Whether they cared.
- Whether someone else exists.
- What you were worth.
- Whether they will return.
- Whether future contact would mean repair.

SAFETY AND REAL-WORLD OBLIGATIONS

This tool does not replace safety planning, legal advice, custody guidance, workplace procedure, financial guidance, or professional support. If threats, stalking, court orders, shared children, housing, money, or immediate danger are involved, use the safest qualified support available. Your safety and legal obligations outrank completing this worksheet.

PART 1

What Actually Happened This Time

Record the current event before deciding what it predicts.

Describe the current absence as if you were giving someone the timeline without explaining what it means.

What changed?

- ☐ Replies stopped or became materially different.
- ☐ They blocked or removed access.
- ☐ They left, ended contact, or created physical distance.
- ☐ They explicitly ended the relationship or connection.
- ☐ Contact faded without a direct ending.
- ☐ Another observable change:

When did the change begin?

What was the last clear contact or interaction?

What has actually happened since then?

PART 1

The Current-Absence Record

Keep facts, explicit statements, and unknowns in separate places.

[illegible]

What remains unresolved from the last interaction?

What has NOT happened since contact changed?

KEEP THIS DISTINCTION

The current absence is real. Permanence is still a prediction unless the record contains stronger observable finality.

PART 2

What Was Actually Said

Separate an explicit ending from an ending you have had to infer.

Silence can create a powerful conclusion without ever supplying the words that would confirm it. Record the communication exactly enough to see what was stated and what was left for you to decide.

The last direct statement about contact or the relationship was:

Was anything explicitly ended?

- ☐ Yes. The ending or withdrawal was directly stated.
- ☐ Partly. Something was stated, but material questions remain.
- ☐ No. I have had to infer the ending from silence or changed access.
- ☐ I do not have enough information to answer accurately.

What did the words clearly establish?

What am I adding because the silence left a blank?

IMPORTANT

An explicit ending can strengthen the current finality record. It still cannot guarantee that future contact will never occur. An inferred ending can be treated as a current absence without being converted into a permanent prediction.

PART 3

The Silence and Return Record

History can establish a pattern. It cannot guarantee the next event.

If this has happened before, record the separate events. Do not use one painful absence as proof of a repeating pattern, and do not use prior returns as proof of another return.

WHEN	HOW CONTACT STOPPED	WHO RESTARTED	WHAT HAPPENED WHEN CONTACT RETURNED	WHAT WAS ACTUALLY RESOLVED
_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____
_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____

What does the history establish?

- ☐ I can name more than one separate leave-and-return event.
- ☐ Contact restarted before the original issue was resolved.
- ☐ The history is mixed or too incomplete to call a pattern.
- ☐ This is the first absence I can accurately document.

My cleanest statement about the history:

PART 4

What the Silence Actually Establishes

Let the absence be real without making it answer questions it cannot answer.

THE SILENCE MAY ESTABLISH	THE SILENCE CANNOT ESTABLISH BY ITSELF
• Contact is not occurring now.	• Why the person withdrew.
• Access or communication materially changed.	• Whether they care or ever cared.
• A question remains unanswered.	• Whether another person exists.
• No observable repair is occurring during the absence.	• Whether they will contact you again.
• An explicit ending was communicated, if the record contains one.	• Whether a future return would mean repair.
	• Your worth or the meaning of your entire relationship.

What does the current absence support in my situation?

What question have I been asking the silence to answer that it cannot answer?

PART 5

What Am I Waiting For?

Waiting is part of the current decision, even when you have not chosen it deliberately.

Name the future event your mind keeps treating as the missing answer.

- ☐ A text or call.
- ☐ A return or attempt to reconnect.
- ☐ An apology or explanation.
- ☐ An admission or proof.
- ☐ A certain amount of time passing.
- ☐ A sign that the ending is permanent.
- ☐ Something else:

I believe that event would tell me:

Would it actually answer that question? Why or why not?

What current fact am I postponing because I am waiting for that event?

NO FORCED DECISION

You are not being ordered to stop hoping, move on, wait, block, or reconnect. You are identifying what waiting is being asked to accomplish so you can choose a working position with your eyes open.

PART 6

Choose the Most Accurate Current Result

Do not choose the most final answer. Choose the one the record supports.

☐ **CURRENTLY ABSENT, FUTURE UNKNOWN**

The record does not support a reliable prediction of future contact. The current absence is still real and can be treated as current reality without predicting permanence.

☐ **REPEATED LEAVE AND RETURN PATTERN EXISTS**

The record shows prior withdrawal followed by renewed contact. Another return may be possible, but history does not guarantee repetition.

☐ **CLEARER ENDING, FUTURE CONTACT STILL UNKNOWN**

The current record contains stronger observable finality, such as an explicit ending or sustained changed circumstances. Future contact still cannot be guaranteed either way.

☐ **SILENCE IS BEING ASKED TO ANSWER A DIFFERENT QUESTION**

The absence is being used to answer why they left, whether they cared, whether someone else exists, or what the relationship meant. Silence cannot establish that answer by itself.

Why this result fits my actual record:

PART 6

Build a Working Position for Today

A working position is not a forever verdict.

Complete the sentences without adding a prediction you cannot support.

What happened:

What did not happen:

What the current silence supports:

What the current silence cannot establish:

What remains genuinely unknown:

The future evidence that would justify revising my view:

REVISION STANDARD

A new contact attempt is evidence that contact resumed. It is not automatic evidence that the original issue was repaired, the relationship changed, or the same cycle will not repeat.

My Finality Record

KEEP THIS PAGE. It is your one-page working position for the current absence.

CURRENT SILENCE / FINALITY EVENT:

WHAT WAS EXPLICITLY SAID:

WHAT I CAN DIRECTLY ESTABLISH:

WHAT THE HISTORY OF SILENCE AND RETURN SHOWS:

WHAT THE SILENCE CANNOT ESTABLISH:

WHAT REMAINS UNKNOWN:

MY CURRENT RESULT:

- ☐ Currently Absent, Future Unknown
- ☐ Repeated Leave And Return Pattern Exists
- ☐ Clearer Ending, Future Contact Still Unknown
- ☐ Silence Is Being Asked To Answer A Different Question

MY WORKING POSITION FOR TODAY:

WHAT WOULD JUSTIFY REVISION:

If Contact Returns

Do not make the return carry more meaning than it has earned.

If they text, call, appear, apologize, become warm, promise change, or ask to reconnect, the current record changes in one specific way: contact resumed.

That matters. It does not answer everything.

A return does not automatically establish:

- Why they left.
- Whether the original issue was resolved.
- Whether meaningful repair occurred.
- Whether renewed contact will continue.
- Whether the leave-and-return cycle has ended.

Before revising your Finality Record, ask:

- ☐ What genuinely new event occurred?
- ☐ What did the contact explicitly establish?
- ☐ What am I tempted to conclude because relief arrived?
- ☐ Has the original issue been addressed, or has contact simply restarted?

If the active question becomes whether the return, apology, promise, or improvement represents meaningful change, that is a different buyer job. Do not force this finality tool to answer it.

KEEP YOUR ORIGINAL RECORD

You can revise because the information changed. You do not have to erase what the earlier absence established just because contact resumed.

What This Tool Deliberately Does Not Do

- Predict whether another person will contact you again.
- Claim that narcissists always return or never return.
- Diagnose another person or determine motive from silence.
- Use absence to prove punishment, manipulation, infidelity, lack of love, or your worth.
- Tell you to stay, leave, block, wait, reconcile, confront, or maintain no contact.
- Treat future contact as proof of repair or change.
- Replace professional safety, legal, custody, workplace, financial, or mental-health guidance.

Before You Close This

You may still not know whether they will come back.

That does not make this work incomplete.

You separated the current reality from the future prediction. You identified what the silence establishes, what it cannot establish, what the history shows, what you are waiting for, and what would honestly justify revision.

You now have a position you can use today without pretending to know tomorrow.

YOUR WORKING POSITION

The current absence can be treated as real. The future can remain unknown. Both statements can be true at the same time.

With truth and fire,

Melissa

Torch & Soul