

WORKSHEET 1 — ENMITY CURED

Finding one small, safe way to reconnect without pressure. This is a follow-up exercise after reading Enmity Cured.

What this exercise is for

Sometimes people want to reconnect, but talking feels too hard. This worksheet helps you find one small, practical way to show you care — without needing a big emotional conversation.

This is not about fixing the whole relationship. This is just about finding one moment where both of you can be on the same side.

1. A gentle beginning

Think about the person you are estranged from. Not the whole story. Just one recent moment where their life might have needed something practical.

Below are examples. Check any that feel true:

- ☐ They may have needed help with something around the house
- ☐ They may have needed information or a reminder
- ☐ They may have needed help with an errand
- ☐ They may have been dealing with weather, travel, or a small crisis
- ☐ They may be caring for someone else who needs support

Other (write your own):

2. Your first opening

Answer in simple words, no pressure.

What is one thing you could help with that feels natural, not emotional?

Examples: carrying groceries, returning a tool, sharing a document, checking on a car part, offering a ride, fixing something small.

Your answer:

3. Why this kind of help works

A practical gesture says:

“I am willing to work with you on something real.”

It does not force a conversation.

It does not require anyone to talk about the past.

It protects both sides from embarrassment or shame.

Why could it work in your situation?

4. Keeping it safe

Check the option that feels most comfortable to you.

How would you prefer to offer this help?

- ☐ In person
- ☐ By text
- ☐ By call
- ☐ By dropping something off
- ☐ Through a mutual friend

Other:

Choose only what feels safe in cooperation with your clinician.

5. Your plan

Fill in the blanks.

I will offer:

In this simple way:

At a time that feels calm (here's how I will select the best timing):

With no pressure, no expectations, and no emotional talk.

6. After you try it

Write down how you felt afterward — not what they did.

Even if they do not respond, you took a steady, gentle step. That is enough.