

My Emotional Inventory

Suddenly Single Emotional Survival Guide

A personal check-in to name what you are carrying and what support you need right now.

Use this as a practical planning tool, not legal, medical, financial, home-repair, or mental-health advice. For urgent danger or crisis, contact emergency services or a qualified professional.

Current Emotional Snapshot

Date	
Primary emotion today	
What I am actually grieving	
What feels heaviest right now	
What feels manageable right now	
What I need more support with	
One person I can contact	
Date of next inventory review	

Warning Signs That Need Extra Support

- Thoughts of suicide or self-harm - call or text 988 immediately.
- Not eating, sleeping, or functioning for multiple days.
- Alcohol or substance use increasing quickly.
- Panic, chest pain, or severe new physical symptoms.
- Feeling completely alone with no one safe to contact.