

# No Contact Plan (Printable, 30 Days)

Most no-contact attempts fail in the same place, and it is not day nineteen. They fail on day one, because nobody defined what counts. Does looking at their profile count? Does replying if they message first? Does asking a mutual friend how they are? Undefined rules mean every urge becomes a negotiation, and a negotiation with yourself at 1am has a predictable outcome.

**Who this is for:** You have decided on a period of no contact and keep breaking it in small ways you then have to argue yourself out of feeling bad about.

## The five parts

### 1. What is this actually for?

*The question that determines whether any of the rest works.*

In one sentence, what is this period for?

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If they never contacted me again, would this still have been worth doing? Why?

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What am I hoping to be able to do at the end of it that I cannot do now?

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Honest check: am I doing recovery or am I doing strategy?

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## 2. Define what counts

*Every ambiguity you leave will be exploited by you.*

Direct contact — my rule:

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If they message first — my rule, including whether I reply and what I say:

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Viewing their profile, stories, or anything they post — my rule:

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Unavoidable contact (children, work, housing) — what is in scope and what is not:

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### 3. The urge log

*Twenty seconds a day, and it is the part that works.*

Time of day and what happened just before:

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What I was hoping their reply would make me feel:

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On a scale of 1–10, how strong, and how long did it last?

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What I did instead:

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#### 4. The if-they-contact-me decision

*Made now, in advance, in writing.*

Do I reply at all? Yes/no, and why:

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If yes, the exact words:

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How long I wait before any further response:

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What would have to be in their message for me to change the plan entirely?

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## 5. The end date and what happens then

*A plan without an ending becomes a permanent state of waiting.*

End date:

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Urges in week 1 \_\_\_\_ vs final week \_\_\_\_

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What I did with the time — three specific things:

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What I am choosing for the next thirty days, and why:

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This worksheet is free to print, photocopy and share, including with clients. It is self-reflection material, not a diagnosis, an assessment or a substitute for professional support. If a relationship involves fear, control or coercion, or if working through this raises more than feels manageable, please speak to a doctor, a therapist or a domestic abuse service.