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# How to Cope When Your Relationships Feel Overwhelming

## What's Causing *Relationship Stress* Right Now?

Check all that apply

- ☐ Frequent arguments
- ☐ Lack of trust
- ☐ physical distance
- ☐ Toxic behaviors

- ☐ Other (Please Explain)  
e.g. I feel like I'm always catching up but never ahead.

## How is Relationship Stress Showing Up in *Your Life*?

Check all that apply

- ☐ Constant overthinking
- ☐ Increased irritability
- ☐ Feeling emotionally drained

- ☐ Other (Please Explain)

## What's Within *Your Control* in This Relationship *Right Now*?

e.g. I can choose to stop ignoring red flags. I can't fix every issue overnight, but I can start asking myself if this relationship is helping or harming my well-being.

## What's one small thing you can do to support yourself in this relationship today?

e.g. Take a break from texting, write down how you're feeling, set a boundary, reach out to someone you trust, or simply give yourself permission to rest.

## Who or what can support you while this relationship feels overwhelming?

e.g. Sometimes we need extra help to process what we're going through. Consider people, tools, or spaces that help you cope or stay steady.

You don't have to go through it alone.



Take the first step  
towards better  
mental health.

**GOLDEN TOUCH** Behavioral  
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