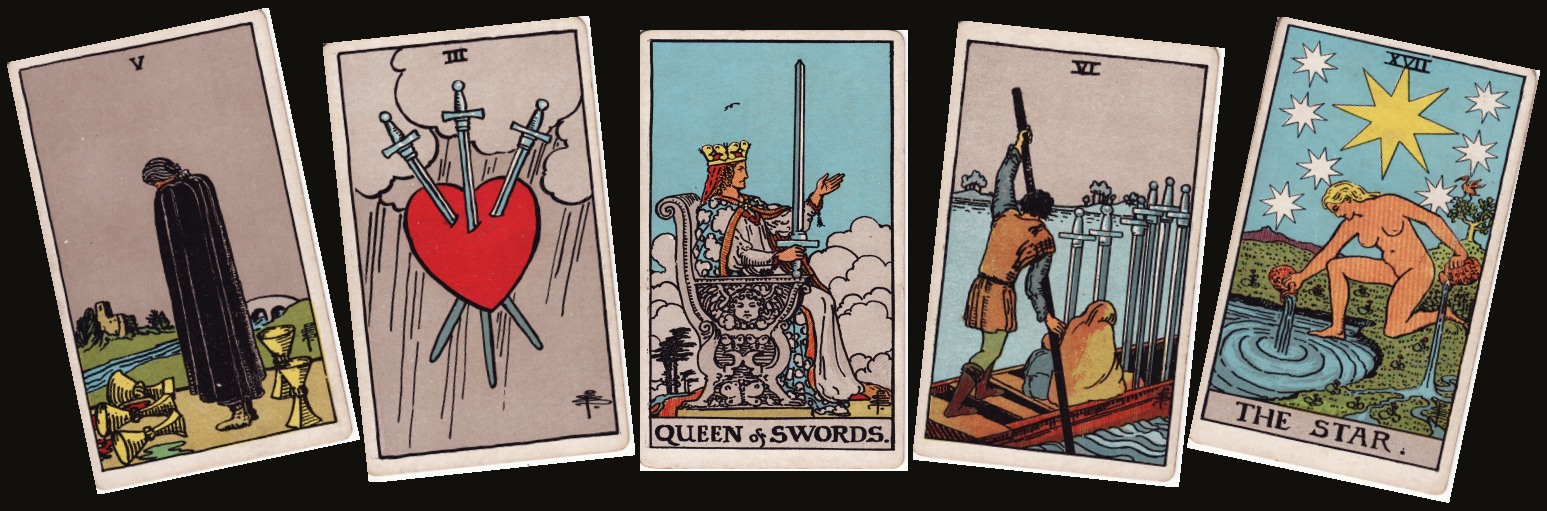
PERSONALIZED TAROT REFLECTION

Love After a Breakup

Room for your next chapter.



Prepared for Nora

ESSENTIAL / 8 PAGES

Fixed illustrative cards. Your personalized report will differ.

Begin with your own question.

What can I carry forward from this breakup without organising my days around the possibility of reunion?

FICTIONAL INPUT: Nora is a fictional adult whose relationship ended six weeks ago. She has agreed to no contact, wants to respect it and notices she checks old photos late at night. She wants to return attention to her friendships and weekly routine. Her related question is how to handle the urge to seek an explanation. She has twenty minutes per week for the optional practice.

This example begins with an agreement Nora has already made: she will respect the end of the relationship and the boundary against contact. The question is about her own attention and choices. Neither the cards nor the report can reveal what her former partner thinks or establish whether they will return.

Nora describes a particular difficult moment: opening old photographs when the evening becomes quiet. It would be easy to call that a message about the relationship. Here it is treated as a present-day observation. She can notice when it happens, what she hopes it will provide and what another small action might provide instead.

The five fixed demonstration cards give the example a structure: acknowledge the loss, distinguish feeling from inference, make a boundary practical, choose a manageable transition and define a modest form of renewal. No card cancels the breakup or requires Nora to forgive, forget or begin dating.

The Essential report is complete in eight pages. Plus adds four pages about the related question and a practical review. Deep Reflection adds four pages for a two-week, twenty-minute-per-week practice. All exercises are optional and can be stopped; this is a finished PDF rather than counselling or continuing support.

Acknowledge what actually ended.

Five of Cups



RWS / UPRIGHT / SAMPLE

The Five of Cups pictures attention drawn toward what has spilled. For Nora, the image can hold the disappointment she has already named. It does not tell her how long to feel it or suggest that a relationship must be restored before she can begin another part of her life.

Her loss includes ordinary expectations: someone to talk to at the end of a day and a familiar weekend plan. Naming those specifics is more useful than deciding that she has lost every possible form of companionship. The needs were real even though this particular arrangement has ended.

The remaining cups do not prove that everything is secretly fine. They invite a quieter inventory of what remains available now: a friendship, a familiar walk or a place where she can rest without explaining herself. Nora can acknowledge the loss and make one of those supports easier to reach.

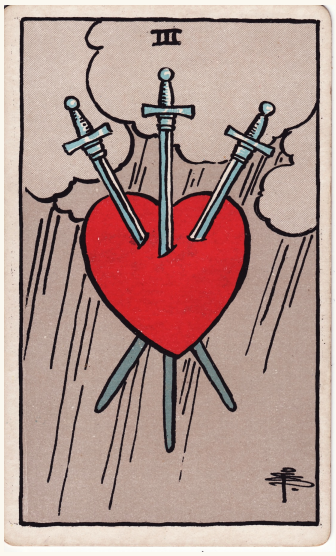
A QUESTION TO CONSIDER

Which ordinary part of the relationship do I miss most, and what need sits underneath it?

Write the missing experience as a need, without assigning your former partner the job of meeting it.

A feeling is not a verdict about you.

Three of Swords



RWS / UPRIGHT / SAMPLE

The Three of Swords offers an image for a painful thought, rather than a diagnosis or an account of another person. Nora notices the sentence, "If I had mattered enough, this would not have ended." The card does not establish that sentence as true.

She can separate three things: the relationship ended; she feels hurt; she has interpreted the ending as a measure of her worth. Only the first is a fact in this example. The feeling deserves attention without making the interpretation into a universal rule about future relationships.

A useful alternative does not have to sound positive. "This ended, and I do not know everything about why" is enough. It preserves uncertainty and leaves Nora free to decide what she wants to learn, rather than forcing the breakup to deliver a final explanation of who she is.

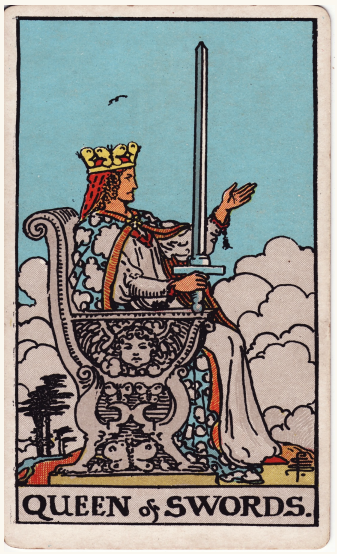
A QUESTION TO CONSIDER

What am I interpreting as a permanent truth when I am describing a painful moment?

Create two short columns: what I know, and what I am concluding. Leave unknowns unknown.

Give a boundary an ordinary shape.

Queen of Swords



RWS / UPRIGHT / SAMPLE

The Queen of Swords supplies a prompt about clear limits. Nora has already chosen no contact, so the task is not to ask the cards for permission to send a message. It is to make her own agreement practical during the late-evening moment she described.

A practical boundary is smaller than a promise never to think about somebody again. Nora might move the photo shortcut off her home screen or leave her phone outside the bedroom while she reads. She is changing access to a habit, not erasing the history or punishing herself for missing it.

She does not need to announce this adjustment to her former partner. The boundary belongs to her own conduct. If an arrangement involves safety, shared parenting or legal obligations, the PDF cannot determine those arrangements; Nora would use appropriate real-world support rather than a card interpretation.

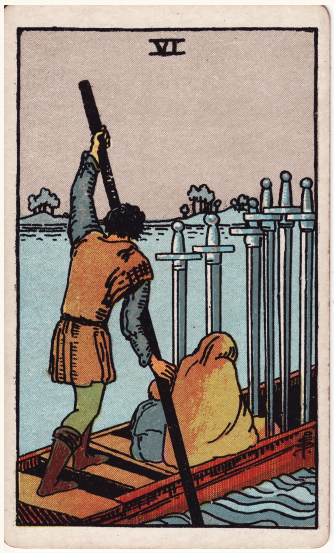
A QUESTION TO CONSIDER

What would make my existing boundary easier to keep at the time it is usually tested?

Choose one change to your own environment; do not use the exercise as a reason to contact someone.

A transition can be deliberately small.

Six of Swords



RWS / UPRIGHT / SAMPLE

The Six of Swords depicts movement without a demand for a dramatic arrival. Nora does not have to become an entirely different person this week. Her example can begin with one evening that includes something other than revisiting the relationship.

She chooses a familiar walk with a friend, not a new dating plan. This matters because the step serves her actual wish for company without turning another person into evidence that she has moved on. A useful transition can support a need while leaving difficult feelings present.

Progress is measured by an action she controls: arranging the walk or choosing a different activity. It is not measured by whether she never thinks about her ex that day. She may miss the relationship and still have created a little more room in her routine.

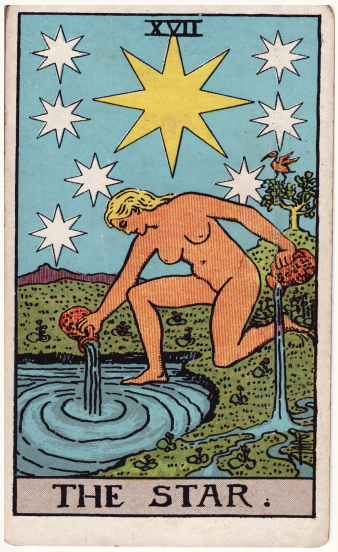
A QUESTION TO CONSIDER

What is one manageable change that serves my present life without asking me to feel differently first?

Write a ten-minute version of the step, and a smaller version for a difficult day.

Renewal does not need a deadline.

The Star



RWS / UPRIGHT / SAMPLE

The Star offers a prompt about what Nora wants to nourish after the immediate disruption. It is not a forecast of a new partner, a reunion or a date on which the grief will disappear. Its usefulness here lies in directing attention toward a preference she can describe.

Nora chooses steadiness: keeping plans with friends and making her evenings a little less dependent on her phone. That preference is more workable than trying to feel optimistic on command. It can guide a small weekly review even when her mood varies.

The closing question is not whether the breakup happened for a reason. It is what kind of attention she wants to practise now. She may keep, revise or reject the interpretation. The report is complete without another reading, a ritual or a message to her former partner.

A QUESTION TO CONSIDER

What would a slightly steadier week look like in actions I can choose?

Name one sign of steadiness you could observe next week without judging how quickly you are recovering.

Keep the meaning you can use.

Nora can miss specific parts of the relationship without treating that feeling as evidence that reunion is required. Her chosen boundary remains the starting point, and the sample does not infer another person's feelings.

The practical thread through the five cards is to notice a recurring evening habit, distinguish a fact from a conclusion and make one ordinary adjustment. None requires a new relationship or a final explanation.

Her next step is intentionally limited: one ten-minute alternative to opening old photographs, followed by a brief review. If it does not help, she can change the experiment rather than treating it as a failed prediction.

KNOWN	The relationship ended, and I have chosen to respect no contact.
NEED	I miss familiar evening companionship.
BOUNDARY	My exercise changes my own routine; it does not involve contacting my ex.
NEXT STEP	Ask a friend about a walk, or take a ten-minute phone-free pause.
REVIEW	In one week, notice whether the alternative was practical, not whether I stopped feeling sad.

METHOD & IMAGE CREDIT

Authored fictional sample with fixed illustrative cards, not a live draw or customer order. AI-assisted reflection and entertainment. Rider-Waite-Smith artwork by Pamela Colman Smith, TaionWC / Wikimedia Commons public-domain scans. No outcome prediction or professional advice.