

Have I Collapse?

A self-check for men navigating post-separation fallout—and the professionals who support them.

Why This Diagnostic Exists

Collapse isn't always obvious. For many men, it looks like showing up to work while quietly disappearing inside. It's what happens when grief, disconnection, and identity loss go unnamed. This diagnostic helps you check in—not with performance, but with what's actually going on underneath.

There's no pass or fail here. Just clarity.

You can complete this on your own or use it with a professional. Many men bring this into consults, court prep, or coaching sessions as a starting point for rebuild.

Mark a X for any that apply:

Question Number	Reflection Questions	Result
1	I've followed the court orders, but I still feel like I'm losing everything.	
2	I show up to work or life, but I feel completely numb inside.	
3	I avoid talking about what's really going on because no one gets it.	
4	The grief hits hardest when no one else is around.	
5	My children seem distant, or the relationship feels fragile.	
6	I feel like my story has been reduced to a file number or a court date.	
7	I wouldn't call it depression—but I feel like I'm disappearing.	

Your score: ___ | 7

Part 2: What Might Be Going On

Score Range	Phase	How Does it Look Now
0-2	Autopilot	You may be running on adrenaline. You've survived the immediate fallout—but the emotional toll may still be waiting.
3-5	Functional Collapse	You're likely in a shutdown pattern—appearing fine on the outside but disconnected internally. This is grief without ground.
6-7	Identity Override	This isn't failure. It's a total systems override. You've held too much for too long—and now your identity is asking for a rebuild.

Part 3: What That Score Means

Depending on your score:

Score Range	What You Might Need
0-2	Monitoring + emotional permission. You're still in post-crisis mode—what matters now is how you land.
3-5	Containment. You need space to feel what's true without being pulled apart by it.
6-7	Rebuild Strategy. You don't need therapy first. You need a map. Clarity before action.

Part 4: Your Next Step

Anchor & Light supports men in post-court collapse, fatherhood disconnection, and emotional rebuild.

If this diagnostic felt true:

- Save it or share it with someone who gets it
- Use it to start a new conversation with a lawyer, therapist, or coach
- Or book a **Rebuild Consult** to map what happens next

Professional Usage Note

This resource is designed to support clarity and emotional steadiness during periods of transition or collapse. It does not constitute legal, clinical, financial, or therapeutic advice.

Please consult a qualified professional for advice specific to your circumstances.

This document may be distributed internally by therapists, lawyers, or HR professionals as a support resource. It is not a legal brief or clinical protocol.