

# Journal Prompts



1. It's great to explore the reality of what you disliked about the relationship. Start thinking about how the relationship limited you and how you can grow without it.

**Prompt: What did I dislike about my relationship? How did the relationship limit my life? What will be better about life without the relationship?**

2. Are there any parts of yourself that you developed during the relationship you want to leave behind? Maybe you lost your independence in the relationship or developed a feeling of insecurity. What new behaviors and or beliefs do you want to change?

**Prompt: What parts of myself do I want to change?**

3. There are things we miss from relationships, like simply talking to your ex. What can you do to replace what you miss? For example, if you miss having someone to talk to, maybe you can build a stronger relationship with new friends.

**Prompt: What things do I miss from the relationship? What can I do to give myself those things I miss?**

4. Focusing on how you can grow gets you out of the victim mentality. Instead of staying within the victim mentality of feeling resentful, you can shift your focus onto what you can control instead.

**Prompt: How did I grow from the relationship? How can I grow from this breakup?**

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1. What do you want in a future partner that you didn't have in your past partner?
2. Looking back, what did you dislike about your relationship?
3. What were some of the more negative behavior patterns in your relationship?
4. What's something you've always wanted to do, but didn't do because of your relationship?
5. What do you not miss about being in a relationship?
6. Write a thank you note to your ex (but don't send to your ex)
7. What lessons have you learned during the breakup process?
8. What are you struggling to understand right now?
9. What's one quality you have that makes you a great partner?
10. What red flags in your relationship did you ignore?
11. How do you hope to move forward from here?
12. When was the last time you cried, and why?
13. What do you wish your ex knew about you?
14. Tell yourself a story about why you should move on.
15. What steps are you taking to create a fresh start?
16. If you could go back in time, what would you do to improve your relationship?
17. What emotional support do you currently have to help you through your breakup?
18. What's something you know now that you didn't know before?
19. Are you afraid of being alone?
20. Do you feel frustration over how long it takes to heal?
21. In what ways were you a better person around your ex?
22. In what ways were you a worse person around your ex?
23. What's something you can do today that will help you bounce back stronger?
24. What are some of the ways you contributed to problems in your relationship?



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25. Looking back, what have you learned about yourself and your relationship in general?
26. In what ways are you stronger or more evolved since the ending of your relationship?
27. What did you learn about yourself during this relationship?
28. Did you have time to prepare for the end of your relationship or did it end suddenly?
29. If you could say one thing to your ex right now, what would it be?
30. What are your goals for the next week, month, and year of your life?
31. What were some of the root causes of why your relationship didn't work?
32. Write about your ideal day by yourself.
33. How do you feel right now, in this moment?
34. What's bothering you right now, and why?
35. Name five things you're grateful for
36. What is the biggest thing in your life bringing you joy right now?
37. How are your friends supporting you through this breakup?
38. Are you good or bad at compartmentalizing feelings?
39. What do you need to do now in order to have closure?
40. What has your healing journey looked like thus far?
41. Do you feel anger about your relationship? Why or why not?
42. How will you move on and become a better version of yourself?

