

Breakup Journal Prompts

Checking-in

1. How do you feel right now? Where do you feel it in your body? Is it better or worse than yesterday?

2. What can you do to soothe yourself today?

3. What do you need right now? How can you show up for yourself more?

4. How can you distance yourself – physically and mentally – from your ex while you heal?

5. What things do you miss from the relationship (e.g. your ex's company)? How can you replace the things you miss (e.g. meeting with friends more)?

6. What would your idea day look like? When would you wake up? What would your ideal morning routine be? What activities would fill your day? What can you do to get closer to your ideal day?

Reflecting on The Relationship

7. How do you feel about this breakup?

8. What emotions does thinking of your ex trigger? Why is this?

9. What thoughts does thinking of your ex trigger?

10. What do you miss about your ex? What don't you miss about your ex?

11. When did you realize that the relationship isn't working?

12. Did you stay longer in the relationship than you should have? If so, why is that?

13. What do you think caused the relationship to end?

14. Were you and your ex compatible? OR were you trying to force things to work?

15. What part did you play in this relationship ending? What would you have done better?

16. Did you have communication issues within your relationship?

17. What did you dislike about the relationship?

18. What was lacking in the relationships? What needs of yours were unfulfilled?

19. What did you notice about yourself while in the relationship? Were you able to be yourself in the relationship?

20. How did the relationship limit your life? What Will be better about life now that you're no longer in that relationship?

21. Write a list of all the times they let you down or hurt you.

22. What did you learn from the relationship? How can you grow from this breakup?

23. What do you know you have to do to move on from this relationship?

24. What's one thing about yourself, you know you need to work on?

25. What's something you know you need to forgive yourself for?

26. What limiting beliefs do you have coming out of this relationship?
How can you challenge them?

27. Would it be healthy to get back together with your ex? Why or Why not?

28. How do you feel about moving on?

29. How did you handle breakups in the past? What helped you move on?

Boosting Your Mood

31. What is one thing that instantly makes you feel safe and calm?

32. How can you comfort yourself and show yourself some love?

33. If a dear friend was in the same position, what would you tell them to comfort them?

34. Write about a challenge that you overcame recently that made you feel strong and proud.

35. What are three great things about being single?

36. How can you start 'dating yourself'?

37. Who are you without the relationship? How would you describe yourself? What hobbies or activities bring you joy?

38. What are 3 goals that you always wanted to work on?

39. What important non-romantic relationships in your life do you have right now?

40. Write a letter to yourself in a year sharing where you hope to be in life.

41. What things are equally or more important than a romantic partner?

42. Study after study shows that gratitude is strongly and consistently associated with greater happiness. What are grateful for most at the moment? How can you make it a habit to express gratitude every day?

43. Write down three positive affirmations to help you move on.

The following are some examples:

- Even if my heart hurts, I'm worthy of love.
- My wellbeing is my number one priority.
- This pain is only temporary.
- It's okay to feel this.
- It is perfectly normal to feel these things after a breakup.
- I choose to let go of my past regrets and resentments.
- _____
- _____
- _____

44. Write about your dream partner. What traits and qualities do you want in them?

45. How can you actively prepare to be in a relationship? Do you need to allow yourself to be more vulnerable and emotionally available? Are you equipped to see the red-flags in others?
