

# Journal Prompts For Toxic Relationships

## If you're contemplating the idea of leaving the relationship

1. What does a toxic relationship looks like to you?

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2. Imagine your dream life. Would your partner be in it?

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3. When your partner tells you they love you and care for you, do you believe it? Does it feel genuine?

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4. How do you feel about your relationship?

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5. When was the last time you felt positively about your relationship?

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6. What makes you think your relationship is toxic?

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7. When did you first realize your relationship was toxic?

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8. What was the first red flag in your relationship?

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9. Why did you get into the relationship at the start?

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10. What are your most important needs that aren't being fulfilled in your relationship?

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11. How does your family and friends react to your partner?

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12. What is preventing you from leaving?

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13. If you left the relationship, what benefits would you experience?

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14. Do you think you will thrive without your partner? Why? Why not?

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15. If you were free from this relationship, what are the things you'd like to do?

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16. What are some actionable steps you can take to end your relationship?

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17. What changes would your partner need to make for you to consider staying with them?

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18. Does your partner know you're unhappy? If not, how could you communicate this to them?

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19. Does your partner seem happy to you?

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20. Is there anyone you can talk to about your relationship?

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21. Did anyone give you advice?

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22. Have you always been drawn to toxic relationships?

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23. If a dear friend was in your situation, what advice would you give them?

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24. Was your parents' relationship healthy?

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25. What do you think a healthy relationship should look like?

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**If you have already left the relationship**

26. What was the final straw that caused you to leave?

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27. What made you stay in your relationship as long as you did?

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28. Now you have left, can you see how toxic the relationship was more clearly?

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29. What emotions did you experience when you ended your relationship? Did you feel relief?

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30. What negative things were you told about yourself during your relationship? Are they true? Counter each one with a positive statement.

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31. What is the biggest lesson that you learned from your relationship?

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32. If you could go back in time, what would you have done differently?

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33. What boundaries will you set with your next partner?

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34. What qualities will you look for in potential partners?

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35. Are you giving yourself enough time and space to heal?

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36. Are there any emotions you're avoiding or numbing?

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37. Write down everything you feel angry about.

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38. Write a letter to your ex. What would you most like to say to them?

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39. What is something you love about yourself that your ex criticized you for?

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40. What self-care practices are you making time for?

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