

# Relationship Journal Prompts

1. What does love mean to you?

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2. What is rewarding about love?

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3. Do you believe in love at first sight?

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4. Do you believe in having a soulmate?

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5. What does being in a relationship mean to you?

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6. What does a healthy relationship look like to you?

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7. What are your strengths in relationships (kindness, active listening, compassion, empathy, etc.)?

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8. Are you a forgiving person?

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9. What do you value most in relationships (trust, vulnerability, emotional availability, respect, sense of humor, etc.)?

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10. How has your childhood impacted your future relationships?

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11. What are your expectations about relationships?

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12. What scares you about relationships?

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13. What is challenging for you about developing close relationships?

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14. What are you grateful for about your relationship?

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15. What makes you feel loved?

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16. What qualities do you value most in potential partners?

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17. What important lessons have you learned from previous relationships?

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18. Who do you feel safe with most? Why?

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19. How do you show compassion to others? Do you extend the same compassion to yourself?

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20. What boundaries could you set in your relationships to protect your own well-being?

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21. How can you better support your loved ones?

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22. Is it easy or hard for you to ask for help and support when you need it?

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23. Is your current relationship working? What do you wish was different?

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24. What is something you can do today to make your relationship better?

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25. List 5 ways to say “I love you” without using words.

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