

Breakup Journal Prompts

Write It Out

Writing things down is a powerful way to process pain, gain clarity, and express what can't be said out loud. Use these prompts whenever you need space to reflect and release.

Prompt 1

- What I'm feeling right now, and what I wish I could say

Prompt 2

- What I miss about them – and what I don't.

Prompt 3

- What would I tell my best friend if they were in my situation?

Prompt 4

- What's one small thing I can do today to care for myself?

Prompt 5

- What do I want to remember next time I'm tempted to reach out?

No pressure to write full paragraphs – a few words or even bullet points are enough.