

Healing Mantras and Gentle Reminders

Breakup mantras: Words to come back to when it hurts

When you're in pain, your brain often loops on harsh thoughts. These mantras help redirect your inner voice to something softer, stronger, and more honest.

Mantras to hold onto:

- 🧠 “Missing them doesn’t mean they were right for me.”
- 🧠 “It’s normal to feel lost. I am still moving forward.”
- 🧠 “This is grief – not weakness.”
- 🧠 “My worth was never dependent on someone else’s choice.”
- 🧠 “Every day without them is proof I can survive.”

You can print these out or save them as your phone wallpaper for daily reassurance.