

Divorce Recovery Journal Prompts

When you feel overwhelmed:

1. Right now I feel...
2. The thought that keeps looping in my head is...
3. What I need today is...
4. One thing I can do in the next 10 minutes to care for myself is...

When you're grieving the life you thought you'd have:

1. What I miss the most is...
2. What I'm afraid I lost forever is...
3. What I'm learning about myself through this is...
4. A future I still want is...

When you're battling self-blame:

1. The lie I've been believing about myself is...
2. If my best friend were in my shoes, I would tell her...
3. What I know to be true about me is...
4. This divorce says nothing about my worth because...

When you're angry (and you should let it out):

1. I am angry because...
2. What felt unfair was...
3. What I deserved was...
4. What I'm no longer willing to tolerate is...

When you feel lonely or scared about the future:

1. The hardest part of today is...
2. What I need to hear right now is...
3. What I can trust myself with is...
4. Even if I'm scared, I can still...

When you're ready to rebuild:

1. The woman I am becoming is...
2. Three things I want my new life to feel like are...
3. My non-negotiables moving forward are...
4. The boundaries I will honor are...
5. A small goal I can set this week is...