Journaling Through A Breakup

How to Effectively Cope Through a Breakup Without Gaining 50 lbs. or Becoming Anorexic

Journaling Pages

N. Newman

**My Journal**

**My Breakup**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_

How did your breakup happen?

How did you feel when they told you?

What things will you need to work through after the breakup (move, divide possessions, pets, friends, children, family)?

How does it make you feel?

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**My Journal**

**How to Get Through the Day**

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Talk about what happened during the day. Did you go to work? Did you eat? Did you stray from your usual routine and if so, why?

Talk about your feelings during the day. What feelings did you experience? Explain what happened to make you feel that way.

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**How to Get Through the Day**

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**My Journal**

**Explore My Emotions**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you feel sad? Why?

Do you feel angry? Why?

Do you feel inadequate? Why?

Are you afraid? Why?

Are you sleeping at night? If not, what is keeping you up?

Do you find yourself not wanting to do anything but sleep or lay on the couch all day?

Are you binging on food or are you not eating?

How often are you crying? What makes you cry?

Are you accepting what’s happened? If not, why aren’t you?

Are you feeling regrets? Why?

Are you confused, unsure of what to do next? Why?

Do you feel like a failure? Why do you think you’re a failure?

Do you want revenge? What do you think getting revenge will do for you?

Is it worth the consequences?

**My Journal**

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**My Journal**

**Have Some Fun-Fantasize**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_

Draw a picture here of what you would like to do to your spouse.

Write down here all the things you would like to do. Make them as outrageous and fun as you can—not realistic.

Draw pictures of some of those things you listed above.

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**My Kiss Off Letter**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_

Dear…….…..,

I am done with you.

**My Journal**

**What Are My Substitutions?**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_

What things did you used to do before you were in a relationship?

When you got into a relationship, what things did you stop doing?

What do you miss doing?

What things would you like to do in the future?

What activities do you like to do that make you happy?

What are the places you like to go to, visit?

Where would you like to go that you’ve never been before?

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**My Journal**

 **My Self-Discovery and Revelations**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_

What were the good things about my relationship?

What were the bad things about my relationship?

What did they do wrong?

What did I do wrong? What were my mistakes?

What did I learn from my mistakes—what not to repeat?

What could I have done better?

What do I expect in a relationship and in love?

How do I want to be treated?

What do I expect from my life?

What are the substitutions I found that make me happy?

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**I Own My Life**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What things are you going to change?

What makes you feel good about yourself?

What are your goals and how are you going to achieve them?

What are your dreams and how are you going to achieve them?

What made you happy today?

Did I stray from my path today? If so why and what can I do to get back on track?

What were your accomplishments today?

**My Journal**

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