

## **Journal Prompts: Separation**

### **Reflecting on the Relationship:**

1. What are the core issues in the relationship that led to this separation? How have they impacted my feelings and decisions?
2. What are the positive aspects of the relationship that I want to preserve or hold on to?
3. How have I changed as a person since being in this relationship? In what ways has the relationship helped or hindered my personal growth?
4. What do I feel is missing in the relationship? Is it something that could be addressed or fixed, or is it a fundamental incompatibility?
5. What have I learned about my own needs, desires, and boundaries in this relationship?

### **Exploring Feelings of Love and Connection:**

6. How do I feel about my partner right now? Do I still feel love, respect, and connection, or are my feelings fading?
7. What emotions come up when I think about staying versus leaving? Are there fears, hopes, or desires that are influencing my decision?
8. What role does affection, intimacy, and physical connection play in this relationship, and how satisfied am I with those aspects?
9. When I think of my partner, what memories or moments stand out as the most meaningful? What do these memories tell me about the relationship?
10. How much do I value the emotional support, companionship, and other positive qualities my partner brings to my life?

### **Identifying Relationship Needs and Expectations:**

11. What are the non-negotiable needs I have in a relationship (e.g., trust, respect, communication, loyalty)? Are these needs being met in the current relationship?
12. What expectations do I have for my partner? Are these realistic and fair, or are they influenced by unmet needs from my past?
13. How do I envision a fulfilling relationship in the future? Does this relationship align with that vision, or do I see myself needing something different?
14. What sacrifices or compromises have I made in this relationship? Am I still willing to make them, or do I feel that they are no longer worth it?
15. How do I feel about my partner's needs, expectations, and behaviors? Are they compatible with mine, or do they feel like a burden?

### **Assessing Communication and Conflict:**

16. How do we communicate when we disagree? Do I feel heard, respected, and understood, or do I feel dismissed or invalidated?
17. How do I handle conflict in this relationship? Is it productive and healthy, or does it lead to more frustration and emotional distance?
18. What unresolved issues are still lingering between us? Do I feel that these can be worked through, or are they insurmountable?

19. How do I feel when my partner expresses dissatisfaction or hurt in the relationship? Do I take responsibility, or do I get defensive?
20. What does the current separation tell me about the state of our communication and problem-solving abilities?

### **Future of the Relationship:**

21. What does the idea of staying in this relationship look like in the long term? Am I optimistic, or do I feel hesitant about the future?
22. If we were to stay together, what changes or improvements would need to happen? Are these changes realistic or something that both partners can commit to?
23. What would be the impact on my life, well-being, and happiness if I stayed in this relationship versus if I left?
24. How do I envision myself in the future, both individually and within a relationship? Does this relationship contribute to or hinder that vision?
25. What are the potential consequences for my mental health, self-esteem, and overall happiness if I stay in this relationship versus if I leave?

### **Healing and Moving Forward:**

26. How can I take care of myself during this period of separation, regardless of the decision I make about the relationship?
27. What support systems (friends, family, therapy) do I need to help me through this decision-making process?
28. How can I create space for clarity and healing, whether I choose to stay or move on?
29. What would a healthy, loving, and supportive relationship look like to me, and how can I cultivate that in my life, either with my current partner or someone new?
30. What would it take for me to feel at peace with the decision I make, whether that's staying in the relationship or moving forward separately?