

Journal Prompts: Divorce

Exploring Emotions and Reactions:

1. What emotions am I feeling about the divorce, and how have they changed over time?
2. How has the divorce affected my sense of self? In what ways have I grown or changed since the separation?
3. What was the most challenging part of the divorce process for me, and why?
4. How did I feel during key moments of the divorce, such as when it was first discussed, during the separation, or at the finalization?
5. What feelings or thoughts do I have when I reflect on the end of my marriage? Are there parts of the experience I haven't fully processed?

Understanding the Relationship:

6. What were the good and difficult aspects of the relationship that led to the divorce? How do I feel about those parts now?
7. What did I learn about myself through the marriage and divorce process?
8. Are there patterns or behaviors from the relationship that I see in myself or my life now?
9. What was I seeking in the relationship that I feel I didn't receive? How can I fulfill those needs on my own now?
10. How do I view my former partner now? What emotions or thoughts come up when I think about them?

Healing and Moving Forward:

11. What have I learned from the end of this marriage that can help me move forward in a healthier way?
12. How can I begin to forgive myself, my ex-spouse, or both of us for mistakes or hurts during the marriage?
13. What steps can I take to rebuild my self-esteem and sense of identity after the divorce?
14. What practices or habits can I develop to support my healing and growth in the next chapter of my life?
15. How can I nurture myself emotionally, mentally, and physically through this transition?

Co-Parenting (If Applicable):

16. What are my goals for co-parenting, and how can I contribute to a positive environment for my children?
17. How do I feel about my ex-spouse being a parent to our children, and what can I do to maintain a healthy relationship with them for the sake of the kids?
18. What boundaries do I need to establish in co-parenting, and how can I implement them in a respectful way?
19. What are the most important things I want to teach my children about love, respect, and relationships based on my experiences?
20. How can I ensure that my children feel supported and loved during and after the divorce?

Rebuilding and Rediscovering:

21. How do I envision my life post-divorce? What are some things I'm excited about or looking forward to?
22. What new opportunities or experiences am I open to now that my life has shifted?
23. What would I like to learn about myself as I move through this transition? How can I use this time as a chance for self-discovery?
24. How do I define happiness and fulfillment moving forward, and what steps can I take to create that for myself?
25. What are some things I can do to take care of myself and start feeling more whole again?