

Journaling to heal relationship loss



Processing a big change gracefully often requires reflection.

Taking stock of where you've been, what you've learned, and what was outside of your circle of control can help you identify how you want to move forward.

This process is designed to help you move thoughtfully through this period of transition in a way that sets you up for success in your next partnering.

Please note that the process was originally designed for healing in the case of a romantic relationship coming to a close. However it has proven to be an excellent method for processing job loss, losing friendships and other experiences in which your imagined future suddenly no longer applies.

How to get the most from this journaling process:

1. Carve out focused, undistracted time and prioritize this process.
2. Fully answer the question you are on, before moving to the next question. Do not skip around (unless the question itself suggests that you skip it)
3. Record your answers somewhere that is easy for you to refer back to for later reflection, perhaps a special physical journal, or on a private drive.
4. Allow your answers to flow with complete honesty and without any judgement. Honor your experiences, memories and emotions.

If you are processing a job loss/change, substitute the word employer for partner

Journaling to heal relationship loss: a sixteen question process

Questions may be answered as simple lists, or as paragraphs of reflection

1. What qualities did you love in this partner?
2. What will you miss about the relationship?
3. What was the sex like? (**Skip #3 if you are not processing a romantic breakup**)
4. What are the memories you want to keep?
5. What are elements of this relationship that you are eager to say goodbye to?
6. What were the signs of disfunction that you ignored?
7. What was broken in this relationship that you successfully repaired?
8. What did it take to repair those things?
9. What were the elements of your relationship that were broken beyond repair?
10. What were all the things you tried, that did not work, in order to fix what was broken?
11. What are things you are unwilling to do or try to save the relationship?
12. What skills can you thank this relationship for giving or teaching you?
13. What have you learned about yourself that you did not know before?
14. Moving forward, what would an ideal partnership look like for you?
15. What is a new insight that you have gained from simply answering these questions?
16. How will you apply what you've learned as you move forward on your path?



"Those who cannot remember the past are condemned to repeat it." - George Santayana