



# **Write Him Off: Journal Prompts to Heal Your Broken Heart in 30 Days (Journal Series) (Volume 1)**

*Elizabeth N. Doyd*

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### **How to Get Over a Broken Heart? Try Journaling. It's an Effective, Proven Method of Releasing Pain on Paper.**

When it's down on the page, you can examine your emotions with more rationality. A journal is a safe place to express your honest thoughts and emotions without the risk of judgment from others. As you follow these writing prompts, you'll find that inner part of your soul emerging to guide you and give you the answers you didn't think you had. You'll begin to understand why your relationship didn't work out, as well as uncover some of the insecurities and blockages to your happiness, and how to find the gifts and lesson in your current state of pain and recovery.

Coping with a breakup or divorce is a challenging time and everyone heals at their own pace. This book gives you **30 journal prompts to get to the heart of the matter and help you speed up the recovery process**. Each one begins with an inspirational quote from great men and women of the past and present. You can do the journal prompts consecutively, or you can pace them by taking breaks between the days if you find the work to be emotionally heavy.

A relationship consists of two people, which is why this book is divided into two sections: 15 prompts about your ex, and 15 that focuses on you.

By doing this work, you'll be taking the steps to:

- Let go of your ex - Uncover what made you incompatible - Why you were attracted to him in the first place
- Analyze your true beliefs about love - How to be more positive in love and in life - Find out what REALLY makes you happy in a romantic relationship - How to take care of yourself and fulfill your own happiness and be less needy - How to create a healthy, inter-dependent relationship the next time around

Whether it's letting go of a first love or healing from a nasty divorce, letting go of an ex is the first step in attracting your TRUE soulmate into your life. Buy the book and get started with this work today.

*Sample Prompt:*

### **Day 1: Write It Raw**

*"There is always some madness in love. But there is also always some reason in madness."*

- Friedrich Nietzsche

Are you holding imagery conversations with your ex in your head? Ones where you get to say what you didn't get to say when your relationship ended?

Obsessing over what should have been is unhealthy and sucks the positive energy out of you. It's exhausting to be fighting with him, even mentally, but the urge to communicate with him is so strong that you want to pick up the phone (again) and speak your mind.

Do not contact him. He hurt you. Don't give him the chance to hurt you again.

**Write down your feelings in your journal instead. What do you blame him for? What do you want to say to him? Are you angry with him? Do you miss him?**

Use as many pages as you want. Pretend you're writing a letter directly to him. But do not send it. Do not contact him and read it out loud to him. Doing so will greatly risk you being trapped in the same cycle of negativity.

This should be a safe experience to explore your pain in order to put it behind you, not to stir up more arguments with someone who caused the pain in the first place. If you're energized by this outpouring of emotion and feel a strong urge to share it, call a trusted friend instead.

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