



# DIVORCE

*A new beginning shaped by your own voice.*

## A Gentle Note Before You Begin

Divorce reshapes identity, self-worth, and the life you thought you were building. These prompts create space for processing grief, reclaiming confidence, and rediscovering who you are when the old chapter falls away.

# *Journaling Prompts*

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1. What emotions surface when I think about the ending of my marriage — and which ones feel hardest to name?
2. How has divorce impacted the way I see myself, and what part of my identity feels most shaken?
3. What beliefs or expectations about marriage, love, or partnership am I grieving?
4. What patterns or dynamics from the marriage am I ready to release?
5. What strengths helped me navigate the separation — even if quietly?
6. What part of my story feels unfinished, and what might closure look like for me (if I ever want it)?
7. Which memories bring pain, and how can I offer myself compassion in those moments?
8. Which memories bring relief or clarity, and what do they reveal about what I needed?
9. What expectations of who I “should be” after divorce am I ready to let go of?
10. Where in my life am I discovering new freedom or space?
11. What values do I want to guide this new chapter of life?
12. What does safety look like to me now — emotionally, mentally, or financially?
13. What boundaries will support my healing as I rebuild my life?
14. What relationships feel nourishing right now — and which drain my energy?
15. What part of myself do I want to reconnect with, rediscover, or grow into?
16. What dreams or desires did I silence in my marriage that I want to revisit?
17. What fears arise when I imagine the future, and which of these fears deserve questioning?
18. How can I show myself gentleness and grace as I navigate this transition?
19. What small joys or moments of peace have shown up recently, even unexpectedly?
20. When I imagine the person I’m becoming, what qualities feel possible or already emerging?