



# RELATIONSHIPS IN TRANSITION

*Grace for the spaces where love shifts.*

## A Gentle Note Before You Begin

As you grow, heal, and move through major life changes, your relationships shift too. These prompts help you explore changing dynamics, understand emotional needs, and navigate connections with clarity, truth, and compassion.

# *Journaling Prompts*

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### **Part 1 — Understanding Shifting Dynamics**

1. Which relationships feel different since my life changed — and how?
2. What emotions arise when I think about these shifts?
3. What roles did I used to play that no longer fit me?
4. What roles did others play that have changed?
5. What relationship changes feel most tender right now?

### **Part 2 — Emotional Needs & Capacity**

1. What do I need from my relationships in this season?
2. What emotional needs feel unmet — and why?
3. What do I no longer have the capacity to give?
4. When do I feel emotionally overstimulated by others?
5. What makes me feel emotionally safe in a relationship?

### **Part 3 — Support, Connection & Disconnection**

1. Who shows up for me in ways that feel nourishing?
2. Who drains my emotional energy — and how?
3. What relationships feel one-sided?
4. What connections have surprised me with their support?
5. What relationships feel misaligned with who I'm becoming?

### **Part 4 — Communication, Honesty & Boundaries**

1. What conversations am I avoiding — and why?
2. What truths do I need to express more clearly?
3. What boundaries would help me feel more supported?
4. What expectations (mine or theirs) need to shift?
5. How can I communicate my needs without guilt?

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### **Part 5 — Grief, Distance & Letting Go**

1. What relationships am I grieving the loss or change of?
2. What does letting go — or loosening the connection — mean to me?
3. What relationships feel like they belong to an older version of me?
4. What guilt or pressure do I feel around changing relationships?
5. What old relational patterns am I releasing?

### **Part 6 — Growth, Reciprocity & Renewal**

1. What do reciprocal, supportive relationships look like to me now?
2. What qualities do I value most in the relationships I want to grow?
3. Who am I becoming — and which relationships reflect that version of me?
4. What new types of connections am I open to?
5. What intention do I want to hold for my relationships moving forward?