

THE HEALING AFTER HEARTBREAK JOURNAL

Designed for healing
by HMK Coaching



Week 1: Acknowledging Pain (Feeling and Processing)

1) DAY 1: WRITE YOUR LOVE STORY. BEING AS HONEST AND DETAILED AS YOU FEEL IS HELPFUL. BEGIN WITH HOW YOU MET AND END WITH YOUR BREAKUP. HOW DOES YOUR BODY FEEL TODAY? (DOES IT FEEL ANXIOUS, SAD, TIGHT, NOODLE LIKE, ANGRY ETC.)

DAY 2: WHAT EMOTIONS ARE YOU EXPERIENCING RIGHT NOW? (YOU CAN WRITE ABOUT MAD, SAD, GLAD, BETRAYED, MANIPULATED BUT BE AS CLEAR AS YOU CAN TO SEPARATE THEM. NAME AND DESCRIBE EACH FEELING. THEN DENOTE- IS THE FEELING TIED TO A MEMORY OF FACT OR A FANTASY ABOUT WHAT COULD HAVE BEEN?

DAY 3: WHAT DO YOU MISS THE MOST ABOUT THE RELATIONSHIP? WHAT DO YOU NOT MISS?

DAY 4: WHAT PARTS OF YOURSELF DID YOU CHANGE FOR THE RELATIONSHIP? HOW DID YOU ACCOMMODATE YOUR PARTNER? (FOR EXAMPLE DID YOU CHANGE YOUR DEFINITION OF A DATE? CHANGE YOUR DIET? HOW YOU DRESS?) HOW YOU BRING UP ISSUES?) HOW DO YOU FEEL ABOUT THAT TODAY?

DAY 5: IF YOUR HEART COULD SPEAK RIGHT NOW, WHAT WOULD IT SAY?

DAY 6: WHAT ARE THREE THINGS THAT HURT THE MOST? WRITE ABOUT WHY THEY ARE PAINFUL.

DAY 7: WRITE A LETTER TO YOUR EX (DON'T SEND IT). SAY EVERYTHING YOU NEED TO, UNFILTERED.

This image shows a full page of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Week 2: Breaking the Cycle of Rumination (Letting Go of Repetitive Thoughts)

DAY 8: WHAT THOUGHTS ABOUT THE BREAKUP KEEP LOOPING IN YOUR MIND? HOW DO THEY MAKE YOU FEEL? ARE YOUR THOUGHTS MEMORIES OR FANTASIES OF WHAT COULD HAVE BEEN?

DAY 9: WHAT EVIDENCE DO YOU HAVE THAT YOU ARE STRONGER THAN YOU THINK? HOW HAVE YOU SUFFERED FROM A LETDOWN IN THE PAST? WHAT DID YOU DO TO RECOVER FROM IT?

DAY 10: WHAT ARE FIVE GROUNDING ACTIVITIES YOU CAN TURN TO WHEN NEGATIVE THOUGHTS TAKE OVER? FOR EXAMPLE, YOU CAN SPEND TIME WITH FAMILY OR A FRIEND, CREATE ART, PLAY MUSIC, WALK IN THE WOODS: WHAT HELPS YOU FEEL GROUNDED?

DAY 11: WHAT BOUNDARIES DO YOU NEED TO SET (WITH YOURSELF OR OTHERS) TO HELP YOU IN THE FUTURE? THIS IS AN ACTION YOU WOULD TAKE IF X HAPPENED. FOR EXAMPLE YOUR EX WAS CHRONICALLY LATE AND IT BOTHERED YOU, IF SOMEONE DOES THAT IN THE FUTURE WHAT ACTION WILL YOU TAKE?)

DAY 12: WHAT WOULD IT FEEL LIKE TO FORGIVE—NOT FOR THEM, BUT FOR YOUR OWN PEACE? WHAT DO YOU NEED TO DO TO FORGIVE THIS PERSON?

DAY 13: IF YOU WERE WATCHING A FRIEND GO THROUGH THIS HEARTBREAK, WHAT ADVICE WOULD YOU GIVE THEM? WHAT ARE YOUR FRIENDS TELLING YOU?

DAY 14: WHAT IS SOMETHING POSITIVE YOU CAN FOCUS ON WHEN YOUR MIND DRIFTS BACK (LOOPS) TO THE PAST? WHEN YOU DRIFT BACK I WANT YOU TO ACTUALLY DO THIS. SAY I CANCEL THE LOOP AND I WANT TO THINK ABOUT (FILL IN THE BLANK) AND WRITE IT DOWN.



Week 3: Releasing and Rebuilding (Shifting Your Focus)

DAY 15: WHAT ARE THREE TO FIVE THINGS YOU'VE LEARNED FROM THIS RELATIONSHIP? (THESE CAN BE GOOD OR BAD THINGS. I WILL GIVE YOU ONE. YOU'VE LEARNED THAT YOU CAN LOVE.)

DAY 16: HOW CAN YOU RECLAIM OR BETTER YET, ELEVATE YOUR IDENTITY OUTSIDE OF THIS RELATIONSHIP?

DAY 17: MAKE A SELF-CARE LIST—ACTIVITIES THAT MAKE YOU FEEL GOOD, SAFE, AND WHOLE. (THIS SHOULD NOT INCLUDE DISRUPTIVE ACTIVITIES LIKE ALCOHOL, DRUGS, REBOUND SEX OR VIOLENCE.)

DAY 18: WHAT PLACES, HABITS, OR ITEMS REMIND YOU OF YOUR EX? HOW CAN YOU RECLAIM THEM OR CREATE NEW ASSOCIATIONS? REFUSE TO RELINQUISH YOUR FAVORITE PLACES. HOW CAN YOU CREATE NEW MEMORIES?

DAY 19: WHAT ARE THREE THINGS YOU'RE GRATEFUL FOR TODAY

DAY 20: WHAT COMPLIMENTS, AFFIRMATIONS, OR WORDS OF LOVE DO YOU NEED TO HEAR RIGHT NOW? WRITE THEM TO YOURSELF. (MY NOTE TO YOU: YOU ARE DOING THE WORK AND I AM SO PROUD OF YOU)

DAY 21: WHAT ARE SMALL WAYS YOU CAN BRING MORE JOY AND LIGHTNESS INTO YOUR DAILY ROUTINE?



Week 4: Moving Toward the Future (Growth and Hope)

DAY 22: WHAT DOES A HEALED VERSION OF YOU LOOK LIKE? DESCRIBE IN DETAIL WHAT ACTIVITIES YOU ARE DOING, HOW ARE YOU THINKING AND FEELING.

DAY 23: WHAT ARE YOUR BIGGEST HOPES FOR YOUR FUTURE (OUTSIDE OF LOVE AND RELATIONSHIPS)?

DAY 24: WHAT KIND OF LOVE DO YOU DESERVE IN THE FUTURE? DESCRIBE HEALTH LOVE AND WHAT IT LOOKS LIKE. WHAT KIND OF “STANDARD OF CARING” WILL YOU NEED? CAN YOU DEFINE YOUR STANDARD OF CARE NOW?

DAY 25: WHAT ARE FIVE THINGS YOU WANT IN A FUTURE PARTNER? WHAT ARE FIVE THINGS YOU WON'T TOLERATE? THINK ABOUT WHAT TRAITS ARE COMPATIBLE WITH YOU, WHAT VALUES YOU NEED TO SHARE AND HOW THEY MIGHT APPEAR IN A PERSON.

DAY 26: WHAT IS VALUABLE IN A RELATIONSHIP? (THINK INTEGRITY...) HOW CAN YOU BUILD YOURSELF WITH VALUE? WHAT ARE YOU PURSUING? FINANCIAL SECURITY, FREEDOM FROM ADDICTION, TRAVEL FOR GROWTH

DAY 27: IF YOU COULD START A NEW HOBBY, ADVENTURE, OR GOAL, WHAT WOULD IT BE? WHAT IS HOLDING YOU BACK FROM DOING IT?

DAY 28: WRITE A LIST OF OBSTACLES STANDING IN YOUR WAY OF LIVING YOUR BEST LIFE TOMORROW. THEN WRITE A PLAN TO OVERCOME THEM ONE BY ONE.



DAY 29: IMAGINE YOURSELF FULLY HEALED. WHAT ADVICE DOES THIS FUTURE VERSION OF YOU HAVE FOR TODAY'S VERSION OF YOU?

DAY 30: WRITE A FINAL REFLECTION. HOW HAVE YOU CHANGED OVER THE PAST 30 DAYS? WHAT DO YOU WANT TO CARRY FORWARD? HOW DOES YOUR BODY FEEL TODAY COMPARED TO DAY ONE?

THANK YOU FOR SHOWING UP—FOR YOURSELF, YOUR HEALING, AND YOUR FUTURE.

THIS JOURNEY HASN'T BEEN EASY, BUT EVERY WORD YOU'VE WRITTEN IS PROOF THAT YOU'RE REBUILDING FROM THE INSIDE OUT.

HEALING ISN'T LINEAR. SOME DAYS WILL FEEL LIGHT. OTHERS MAY STILL STING. BUT EACH PAGE, EACH REFLECTION, IS A STEP CLOSER TO CLARITY, PEACE, AND THE VERSION OF YOU THAT'S READY TO THRIVE.

YOU'RE NOT BROKEN. YOU'RE BECOMING.

AND YOU DON'T HAVE TO DO IT ALONE.

WE'RE HERE WHEN YOU'RE READY FOR WHAT'S NEXT.

– KARI, HMK COACHING

