

10 Prompts to Use Instead of Texting Your Ex

use these prompts when you feel the spiral

1. If I could say anything to them right now without consequences, I'd say...
2. What do I miss about them and what do I actually miss?
3. The moment I knew things were changing was...
4. What needs did I ignore just to keep the peace?
5. What version of myself did I become in that relationship?
6. What am I grieving, besides the person?
7. If I never got closure, how could I give it to myself?
8. What part of me is scared to move on?
9. How do I want to feel in my next relationship?
10. If I were writing a love letter to myself, what would it say

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