



WHEN YOU'RE SAD ABOUT THE END OF YOUR MARRIAGE

THE END OF A RELATIONSHIP IS NOT ALWAYS A FAILURE. SOMETIMES ALL THE LOVE IN THE WORLD IS NOT ENOUGH TO SAVE SOMETHING. IN THESE CASES, IT IS NOT A MATTER OF FAULT FROM EITHER PERSON. SOME THINGS CANNOT BE, IT'S AS SIMPLE AS THAT.

- ASHLY LORENZANA

it's okay to cry

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Grab your journal:

- **What do you miss about your marriage?**
- **What don't you miss about your marriage?**
- **When my ex and I fought, it made me feel (fill in the blank)...**
- **In what ways did your ex:**
 - **make you a worse person?**
 - **make you feel insecure?**
 - **make you feel held back from your dreams?**
- **What do you want your future partner to value most in you?**
- **Describe your ideal partner. How many of these qualities did your ex embody?**
- **What did I learn from this relationship?**
- **In what ways do you feel liberated/empowered/inspired by this break-up?**