



**LETTING GO &
MOVING ON
JOURNAL
PROMPTS**

**FORGET WHAT HURT YOU
BUT NEVER FORGET
WHAT IT TAUGHT YOU**

- SHANNON ADLER

One prompt at a time

START WRITING!

**5 REASONS WHY ALONE IS BETTER THAN
IN BAD COMPANY**

**WHEN WAS THE LAST TIME YOU FELT
EMOTIONAL PAIN? HOW DID YOU
OVERCOME IT?**

LIST A FEW REASONS WHY YOUR EX SUCKS

**- WHAT DOES "LETTING GO" MEAN TO YOU?
WHAT DO YOU THINK OF WHEN YOU HEAR
THE WORDS "LETTING GO"? AND HOW DO
THEY MAKE YOU FEEL?**

**- IN WHAT WAYS DID YOUR EX DRAG YOU
DOWN**

**- WHAT ARE SOME REASONS THAT YOU'RE
EXCITED TO BE FREE OF YOUR EX?**