

# JOURNAL PROMPTS

Take some time to answer the following questions as you begin your healing process. You may write as much or as little as you'd like, and there are no right or wrong answers. As you heal, you may find that the answers to these questions may change, and so going back and answering the questions at a later time can allow you to see your growth.

- How are you feeling about your relationship with your partner right now?
- What are the feelings that you have towards your partner? (this is different than the feelings you may have about the relationship)
- What questions do you have about the affair?
- Looking at those questions, which ones do think are healthy, and can actually be asked of your partner? (Do you really want to know the answers?)
- If you could write a letter to the other woman, what would it say?
- Aside from this rift in your relationship, what else is going on in your life that brings you stress?
- Are these other issues compounding the amount of emotion that you could be expressing to your partner?
- What are the positive things that are taking place in your life right now outside of your relationship?
- Are there positive things that are taking place in your relationship at this time despite the infidelity?
- What are you doing to take care of yourself at this time?
- Is there more that you could be doing to take care of your physical health?
- What would it take in order to follow through with those things?
- What are your personality strengths?
- Are there parts of yourself that you feel have been neglected in your relationship? By you? By your partner?
- What are ways that you could begin to feed those neglected parts of yourself? (i.e. get back to painting, being creative, doing a sport or physical activity)
- Who are your greatest supports?



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- Do you feel comfortable confiding in them?
- If not, why?
- If so, how do you think you'd start the conversation?
- In 6 months time, what do you think you'll have learned from this experience? What would you like to gain?
- What is your greatest worry in terms of your relationship?
- What would happen if those fears came to fruition?
- What would you do to counteract that and regain stability?
- Who can you call upon for support?
- What do you think your partner was looking for in another person?
- Is there something you think you could have done differently leading up to the affair?
- Will this change how you approach your relationship in the future?
- 5 years from now, what do you hope your relationship will look like?
- 5 years from now, what do you hope your life will look like (aside from your relationship)?