



Write Him Off: Journal Prompts to Heal Your Broken Heart in 30 Days (Journal Series) (Volume 1)

By Elizabeth N. Doyd

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How to Get Over a Broken Heart? Try Journaling. It's an Effective, Proven Method of Releasing Pain on Paper.

When it's down on the page, you can examine your emotions with more rationality. A journal is a safe place to express your honest thoughts and emotions without the risk of judgment from others. As you follow these writing prompts, you'll find that inner part of your soul emerging to guide you and give you the answers you didn't think you had. You'll begin to understand why your relationship didn't work out, as well as uncover some of the insecurities and blockages to your happiness, and how to find the gifts and lesson in your current state of pain and recovery.

Coping with a breakup or divorce is a challenging time and everyone heals at their own pace. This book gives you **30 journal prompts to get to the heart of the matter and help you speed up the recovery process**. Each one begins with an inspirational quote from great men and women of the past and present. You can do the journal prompts consecutively, or you can pace them by taking breaks between the days if you find the work to be emotionally heavy.

A relationship consists of two people, which is why this book is divided into two sections: 15 prompts about your ex, and 15 that focuses on you.

By doing this work, you'll be taking the steps to:

- Let go of your ex
- Uncover what made you incompatible
- Why you were attracted to him in the first place
- Analyze your true beliefs about love
- How to be more positive in love and in life
- Find out what REALLY makes you happy in a romantic relationship
- How to take care of yourself and fulfill your own happiness and be less needy
- How to create a healthy, inter-dependent relationship the next time around

Whether it's letting go of a first love or healing from a nasty divorce, letting go of an ex is the first step in attracting your TRUE soulmate into your life. Buy the book and get started with this work today.

Sample Prompt:

Day 1: Write It Raw

“There is always some madness in love. But there is also always some reason in madness.”

- Friedrich Nietzsche

Are you holding imagery conversations with your ex in your head? Ones where you get to say what you didn't get to say when your relationship ended?

Obsessing over what should have been is unhealthy and sucks the positive energy out of you. It's exhausting to be fighting with him, even mentally, but the urge to communicate with him is so strong that you want to pick up the phone (again) and speak your mind.

Do not contact him. He hurt you. Don't give him the chance to hurt you again.

Write down your feelings in your journal instead. What do you blame him for? What do you want to say to him? Are you angry with him? Do you miss him?

Use as many pages as you want. Pretend you're writing a letter directly to him. But do not send it. Do not contact him and read it out loud to him. Doing so will greatly risk you being trapped in the same cycle of negativity.

This should be a safe experience to explore your pain in order to put it behind you, not to stir up more arguments with someone who caused the pain in the first place. If you're energized by this outpouring of emotion and feel a strong urge to share it, call a trusted friend instead.

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Editorial Review

Users Review

From reader reviews:

Micheal Clothier:

Nowadays reading books are more than want or need but also work as a life style. This reading addiction give you lot of advantages. The advantages you got of course the knowledge even the information inside the book in which improve your knowledge and information. The details you get based on what kind of guide you read, if you want send more knowledge just go with education books but if you want experience happy read one having theme for entertaining like comic or novel. The Write Him Off: Journal Prompts to Heal Your Broken Heart in 30 Days (Journal Series) (Volume 1) is kind of publication which is giving the reader erratic experience.

Katherine Ouellette:

Reading a book can be one of a lot of activity that everyone in the world really likes. Do you like reading book consequently. There are a lot of reasons why people fantastic. First reading a reserve will give you a lot of new info. When you read a reserve you will get new information because book is one of a number of ways to share the information or their idea. Second, reading a book will make an individual more imaginative. When you studying a book especially fictional book the author will bring someone to imagine the story how the character types do it anything. Third, it is possible to share your knowledge to other individuals. When you read this Write Him Off: Journal Prompts to Heal Your Broken Heart in 30 Days (Journal Series) (Volume 1), you can tells your family, friends as well as soon about yours guide. Your knowledge can inspire different ones, make them reading a reserve.

Nicholas Gober:

People live in this new time of lifestyle always aim to and must have the extra time or they will get lots of stress from both day to day life and work. So , when we ask do people have time, we will say absolutely sure. People is human not really a robot. Then we ask again, what kind of activity do you possess when the spare time coming to you of course your answer will probably unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative inside spending your spare time, typically the book you have read is Write Him Off: Journal Prompts to Heal Your Broken Heart in 30 Days (Journal Series) (Volume 1).

Eden Cohn:

Is it you who having spare time subsequently spend it whole day by simply watching television programs or just telling lies on the bed? Do you need something totally new? This Write Him Off: Journal Prompts to

Heal Your Broken Heart in 30 Days (Journal Series) (Volume 1) can be the answer, oh how comes? It's a book you know. You are consequently out of date, spending your extra time by reading in this brand-new era is common not a nerd activity. So what these publications have than the others?

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