## WRITING PROMPTS FOR

## BREAK-UPS OR DIVORCE

A GOOD place

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Imagine for a moment that you are having a conversation with a close family member and/or a friend of yours.
What would they tell you are your most special, unique and positive qualities? What advice would they have for you about how to be good to yourself during this time?

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## WRITING PROMPTS FOR BREAK-UPS OR DIVORCE

Write an unfiltered letter (not to be sent) to your significant other detailing your feelings about the breakup and the relationship in general

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