

12

— MONTHS OF —

DAILY

Journaling

PROMPTS

—  —

BRING YOUR THOUGHTS
BACK TO YOU AFTER

sex addiction discovery



- 001 What emotion is strongest today?
- 002 What do I need most right now?
- 003 What has been hardest today?
- 004 How did I sleep, and what does my body need tonight?
- 005 Did I nourish my body today? What is one small step I can take?
- 006 What would make today feel 5% easier?
- 007 How does my breath feel right now — fast, shallow, held?
- 008 What would I say to another woman living this?
- 009 If today's feelings had a colour, what would it be?
- 010 What made me feel even slightly safe today?
- 011 What am I allowing myself to grieve today?
- 012 What is one thing that might help me rest tonight?
- 013 What is one gentle meal or snack I can offer myself today?
- 014 What can I see, hear, and feel right now that reminds me I am safe?
- 015 What happens in my body when I take three slow breaths?
- 016 What part of this still feels unreal to me?
- 017 What am I feeling in my body right now, and where?
- 018 Who or what helped me feel steady today?
- 019 What did I lose today that I haven't said out loud yet?
- 020 What kept me awake last night, and can I set it down for now?
- 021 How is my body asking to be cared for today?
- 022 What is one small, doable task I can finish today?
- 023 What would it feel like to exhale everything I'm carrying, just for a moment?
- 024 What is one true thing about my situation I am ready to admit today?

- 025 What emotion have I been avoiding today?
- 026 What is one thing I can do in the next hour to feel safer?
- 027 What would it look like to let myself cry today, even for a minute?
- 028 What would make my bed feel like a safe place tonight?
- 029 What would it feel like to eat something today just because it's kind to myself?
- 030 What helped bring me back to the present moment today?
- 031 When did I remember to breathe today?

Why This Month Matters

Right after discovery, the body goes into survival mode — the nervous system floods with adrenaline and cortisol, and thinking clearly becomes almost impossible. This month isn't about understanding or fixing anything. It's about staying alive to your own basic needs: sleep, food, breath, safety. Naming what you feel, even messily, is the first act of turning attention back toward yourself instead of only toward him.

- 032 What have I learned about addiction that helps this make more sense?
- 033 What truths am I accepting today?
- 034 What do I now understand differently about trust?
- 035 What lies did I unknowingly believe?
- 036 What questions still remain?
- 037 What feels confusing today, and can I let it be unresolved for now?
- 038 What behaviour makes more sense to me now that I understand this wasn't about my worth?
- 039 What did I believe was real that wasn't?
- 040 How has my definition of trust shifted?
- 041 When did I stop trusting my own perception, and what would it take to trust it again?
- 042 What question am I most afraid to ask myself today?
- 043 What is one small piece of clarity I found this week?
- 044 What do I still not understand about this, and is that okay for now?
- 045 What has become clearer to me this week?
- 046 What would it take for me to trust my own judgement again?
- 047 What did I know deep down, even when I was told I was wrong?
- 048 What do I need answers to, and what can I let stay unanswered?
- 049 Where do I feel pulled in two directions, and what does each side want?
- 050 What would I want other women to know about betrayal and addiction?
- 051 What parts of my life turned out to be more solid than I feared?
- 052 Where did I trust my gut and later wish I'd listened sooner?
- 053 What would I say to my past self who was told she was 'too sensitive' or 'imagining things'?
- 054 If I could ask one honest question today, what would it be?

- 055 What would it feel like to stop trying to make sense of all of it today?
- 056 How has learning about this changed the story I tell myself?
- 057 What is one thing I now see with new eyes?
- 058 What does earned trust look like to me now?
- 059 What does it feel like to finally be believed, even by myself?

Why This Month Matters

Confusion and self-doubt are common after betrayal, especially where gaslighting or denial were involved. Understanding how compulsive sexual behaviour and manipulation actually work isn't about excusing what happened – it's about handing the confusion back to where it belongs, so you can trust your own perception again and stop searching for the answer inside yourself.

- 060 What am I mourning today?
- 061 What did marriage mean to me, and how has that meaning changed?
- 062 What dream feels hardest to let go?
- 063 What am I afraid the future holds, and what do I actually know?
- 064 What am I angry about today, and where do I feel it in my body?
- 065 What am I sad about today that I haven't said out loud?
- 066 What loss have I not fully named yet?
- 067 What part of our shared life am I grieving today?
- 068 What future did I picture that I'm now setting down?
- 069 What does an uncertain future feel like in my body today?
- 070 What would I say if I let my anger speak freely, just on this page?
- 071 What does my sadness need from me right now?
- 072 What did I lose that no one else can see?
- 073 What promises am I letting go of today?
- 074 What dream can I still keep, even if the path there has changed?
- 075 What is one thing about my future I still get to choose?
- 076 Is my anger protecting something in me? What is it protecting?
- 077 What would I tell a friend who felt this same sadness?
- 078 What am I allowed to grieve, even if others think I should be over it?
- 079 What did I believe about partnership that I'm now questioning?
- 080 What did I once hope for that still matters to me?
- 081 What would it feel like to imagine a future that is mine alone?
- 082 What has my anger taught me about my own boundaries?
- 083 What has this sadness taught me about what I truly valued?
- 084 What would it look like to honour this loss today?
- 085 What would I want a future partnership to look like instead?
- 086 What new dream is quietly forming, even in this hard season?
- 087 What small hope do I have for a year from now?
- 088 What would it feel like to let this anger move through me instead of holding it in?
- 089 What is one gentle thing I can do for myself while I feel this?
- 090 What would it look like to let this sadness be here without rushing it away?

Why This Month Matters

Grief here isn't just for a relationship — it's for a future you were building, a version of your life you had every reason to expect. That loss deserves the same mourning as any other. Letting yourself grieve fully, rather than rushing past it, is what allows you to eventually feel your own feelings clearly again, instead of only reacting to his.

- 091 Who was I before this relationship?
- 092 What do I value most, now that I'm seeing clearly?
- 093 What makes me feel alive?
- 094 What is one thing I did today that showed quiet confidence?
- 095 What is my worth built on now, if not on someone else's approval?
- 096 What parts of myself have I abandoned?
- 097 What value did I compromise on, and how do I feel about that now?
- 098 What traits of mine did I dim to keep the peace?
- 099 What would I do today if I fully trusted myself?
- 100 What do I know to be true about my value, even on hard days?
- 101 What roles have I been playing that aren't really me?
- 102 What matters to me that I want to protect fiercely going forward?
- 103 What do I like about my own sense of humour, curiosity, or spark?
- 104 What is a compliment I'd give myself if I let myself?
- 105 What would I believe about myself if betrayal had never happened?
- 106 If no one else defined me, who would I say I am?
- 107 What would living by my own values look like this week?
- 108 What personality trait am I proud of that survived all of this?
- 109 Where did I feel capable today, even in a small way?
- 110 What is one way I can remind myself of my worth today?
- 111 What is one part of my old self I'd like to invite back?
- 112 What value have I rediscovered in myself through this?
- 113 What is something quirky or wonderful about me that I'd forgotten?
- 114 What is one skill or strength I know I have, no matter what happened?
- 115 What have I done that proves my worth was never in question?
- 116 What is something new I'm discovering about who I am?
- 117 What do I want to stand for, no matter what?
- 118 How would my closest friend describe me at my best?
- 119 What would it look like to walk a little taller today?
- 120 What does it feel like to believe, even a little, that I am enough?

Why This Month Matters

This is the heart of the journal: remembering who you were before you started shrinking to keep the peace. Betrayal trauma pulls your whole identity into orbit around another person's choices. Reconnecting with your own values, personality, and sense of self is how you stop defining your worth by his behaviour and start building it on solid ground again.

- 121 Which boundary protected me today?
- 122 What helped calm my nervous system today?
- 123 What helps me feel safe?
- 124 What can I control?
- 125 What routine helped steady me today?
- 126 What boundary do I need to set this week?
- 127 What does my body do when it feels unsafe, and what helps it settle?
- 128 What moment of calm did I find today, even briefly?
- 129 What would make my home feel more like mine?
- 130 What is one small daily habit that is quietly rebuilding my life?
- 131 Where did I honour my own limits today?
- 132 What is one thing that reliably brings me back to calm?
- 133 What does peace feel like in my body right now?
- 134 What is one small change to my space that would feel good?
- 135 What does my ideal morning look like right now?
- 136 What does it feel like in my body when a boundary is crossed?
- 137 How did my body feel this morning compared to tonight?
- 138 What is one thing I can do this evening to invite calm?
- 139 What does 'home' mean to me now?
- 140 What structure in my day gave me a sense of steadiness?
- 141 What boundary am I proud of holding, even when it was hard?
- 142 What signals is my body sending me today, and what does it need?
- 143 Where in my day did I feel most at ease?
- 144 What corner of my home already feels safe and mine?
- 145 What is one routine I want to build this month?

- 146 What is one boundary I want to practice saying out loud?
- 147 What small ritual helps me feel regulated?
- 148 What would it take to protect five calm minutes tomorrow?
- 149 What is one thing I can do this week to make my space feel more nurturing?
- 150 How did having a plan for today help me feel more grounded?
- 151 What is one predictable, comforting thing I can add to my week?

Why This Month Matters

A regulated nervous system is what makes everything else in this journal possible. Boundaries, routine, and a home that feels like yours aren't small things – they're the scaffolding that lets your body finally believe it's safe. When you feel safe, your attention naturally comes back to your own life instead of staying braced for the next threat.

- 152 How have I blamed myself?
- 153 What would compassion sound like today?
- 154 What am I proud of?
- 155 What am I ready to forgive myself for today?
- 156 What shame am I ready to set down today?
- 157 What did my inner voice say to me today, and was it kind?
- 158 What is one small act of kindness I gave myself today?
- 159 What did I do that I've been holding against myself?
- 160 What would I say to a friend who felt this same shame?
- 161 What is one harsh thought I can rewrite with gentleness?
- 162 How did I show myself care today, even in a tiny way?
- 163 What would it mean to release myself from this guilt?
- 164 What is one story about 'what I should have known' that isn't fair to me?
- 165 How would I talk to someone I loved who was going through this?
- 166 What would kindness toward myself look like tomorrow?
- 167 What did I not know then that I know now, and can I forgive myself for that?
- 168 Where does this shame actually belong, and is it mine to carry?
- 169 What is a kinder way to describe what happened to me today?
- 170 What is something I did today that deserves a little more credit?
- 171 What is one thing I did right, even in an impossible situation?
- 172 What would it feel like to forgive myself for not seeing it sooner?
- 173 What sentence do I need to hear right now?
- 174 What is one way I can be gentle with myself this evening?
- 175 What would self-forgiveness feel like in my body right now?
- 176 What did I do the best I could with, even if I can see it differently now?
- 177 What is one phrase I can return to when my inner critic gets loud?
- 178 Who has shown me kindness recently, and how did it feel to receive it?
- 179 What am I finally ready to stop punishing myself for?
- 180 What is one thing I can say to myself instead of 'I should have known'?
- 181 What would it sound like if my inner voice were on my side today?

Why This Month Matters

Shame keeps you focused on what you 'should have seen' or 'should have done differently' – and that self-blame is exhausting, and it isn't true. Practising self-compassion frees the energy you've been spending on self-criticism and redirects it toward actually caring for yourself, which is what real healing runs on.

- 182 What did I do for me today?
- 183 What gave me joy?
- 184 What is one goal that belongs only to me?
- 185 Where did my attention naturally go?
- 186 Where did my attention naturally go today, and what does that tell me?
- 187 Which friendship nourished me today?
- 188 What did I move toward today, even by an inch?
- 189 What did I do today entirely on my own terms?
- 190 What is one thought about him I can gently set down today?
- 191 Who did I lean on today, and how did it help?
- 192 What would I want to accomplish this month, just for myself?
- 193 What decision did I make today that was fully mine?
- 194 What did I focus on today that had nothing to do with him?
- 195 What is one way I can reach out to a friend this week?
- 196 What is a goal I set aside that I'd like to pick back up?
- 197 What does independence feel like in my body today?
- 198 What would it feel like to give today fully to myself?
- 199 What do my friendships remind me about who I am?
- 200 What small win moved me closer to my own future today?
- 201 What is one thing I'm learning to do for myself that I used to rely on someone else for?
- 202 What is one thing I chose to think about instead of him?
- 203 What is one friendship I'd like to invest more in?
- 204 What is one thing I want to be true about my life a year from now?

- 205 What freedom have I found in this chapter, even amid the hard parts?
- 206 How much lighter did I feel on the moments I wasn't thinking of him?
- 207 How did connection with someone else change my day today?
- 208 What effort did I put in today that had nothing to do with him?
- 209 What did I choose today simply because I wanted to?
- 210 What is something I'm curious about that has nothing to do with the past?
- 211 What do I appreciate about the people who have shown up for me?
- 212 What is a goal I'm excited to work toward this week?

Why This Month Matters

It's natural for your mind to keep circling back to him — his choices, his patterns, his reasons. This month is a deliberate redirection: consciously choosing where your energy, thoughts, and time go. Every moment spent on your own goals and friendships instead of his story is a moment you get back for yourself.

- 213 What have I always wanted to learn?
- 214 What excites me?
- 215 What life am I creating?
- 216 What life am I creating?
- 217 What hobby brought me joy today, or which one do I want to try?
- 218 What small adventure did I have today, even a new coffee shop or route home?
- 219 What did I make or express today, in any form?
- 220 What gave my day meaning today?
- 221 What did I do today purely because it was fun?
- 222 What is somewhere I'd love to go, near or far?
- 223 What creative outlet have I been missing?
- 224 What do I want my life to stand for?
- 225 What activity makes me lose track of time?
- 226 What is one spontaneous thing I could do this week?
- 227 What would I create if I weren't afraid of doing it badly?
- 228 What is one way I can contribute something good to the world this week?
- 229 What is one hobby from years ago I'd like to pick back up?
- 230 What does adventure mean to me at this stage of my life?
- 231 What colours, sounds, or images am I drawn to lately?
- 232 What matters to me enough to build my life around it?
- 233 What new skill would I love to try this month?
- 234 What is a place that makes me feel alive just thinking about it?
- 235 What is one creative project I'd love to start?
- 236 What legacy, big or small, do I want to leave?
- 237 What did I create or make today, even something small?

- 238 What is one way I stepped outside my comfort zone today?
- 239 How did I express myself today, even in a small way?
- 240 What is one value-driven choice I made today?
- 241 What is something playful I can add to my week?
- 242 What trip, big or small, would I love to plan?
- 243 What does my creativity need from me right now?

Why This Month Matters

Healing isn't only about repairing what broke — it's about building something new that's entirely yours. Joy, creativity, and purpose aren't rewards you earn once you're 'fully healed'; they are part of how healing happens. A life with things to look forward to gives your focus somewhere good to land.

- 244 What have I learned about healthy love?
- 245 What have I learned about healthy love?
- 246 What qualities feel safe now?
- 247 What relationships nourish me?
- 248 What relationships nourish me?
- 249 What does earned, steady trust feel like in my body?
- 250 What red flags do I now recognise that I might have missed before?
- 251 What does genuine respect look like to me?
- 252 What does a healthy friendship give me that I want to protect?
- 253 Where do I feel a sense of belonging right now?
- 254 Who in my life has shown me consistent trustworthiness?
- 255 What did my intuition try to tell me, and how can I listen sooner next time?
- 256 What green flags do I want to look for in future relationships?
- 257 Who has earned a deeper place in my life lately?
- 258 What community, group, or space would I like to be more part of?
- 259 What would it take for me to trust someone new, slowly and safely?
- 260 What is a pattern I want to watch for going forward?
- 261 Who in my life models the kind of love or friendship I want?
- 262 What is one way I can show up for a friend this week?
- 263 Who has shown up for me in ways I want to remember?
- 264 What is one sign that trust is being rebuilt with myself?
- 265 What would I tell a friend who described a red flag she was excusing?
- 266 What does consistency look like, in small everyday moments?
- 267 What do I appreciate most about the friendships I have now?
- 268 What does it feel like to be surrounded by people who are safe?
- 269 How do I know when someone's words and actions actually match?
- 270 What boundary would have protected me, and how can I set it earlier now?
- 271 What quality feels non-negotiable to me now?
- 272 What does mutual, easy friendship feel like in my body?
- 273 What is one way I can build more connection into my life this month?

Why This Month Matters

Learning to recognise red flags and green flags isn't about becoming guarded – it's about becoming discerning. Understanding what safe, consistent connection actually feels like protects your energy for relationships that deserve it, and keeps your attention on what nourishes you rather than what depletes you.

- 274 What decision honoured me today?
- 275 What strengths have I discovered?
- 276 What am I becoming?
- 277 What am I becoming?
- 278 What did I do today that showed respect for myself?
- 279 What courageous thing did I do today, even if it was small?
- 280 What decision did I make today that felt fully mine?
- 281 What did I figure out on my own today?
- 282 Where did I choose myself over someone else's comfort?
- 283 What am I brave enough to try this week?
- 284 What choice am I facing, and what does my gut say?
- 285 What does standing on my own two feet feel like this week?
- 286 What does self-respect look like in the small choices of my day?
- 287 What fear did I move through today?
- 288 What decision from this year am I proud of?
- 289 What is one thing I used to depend on someone else for that I now do myself?
- 290 What am I no longer willing to accept, and how does that feel?
- 291 What does courage feel like in my body right now?
- 292 What would it feel like to trust my own judgement completely?
- 293 What freedom have I found in taking care of things myself?
- 294 What is one way I protected my own dignity today?
- 295 What is one thing I used to be afraid of that I've grown past?
- 296 What is one decision I've been putting off that I'm ready to make?
- 297 What is a skill I've built that makes me proud of my independence?

- 298 What would the most self-respecting version of me do this week?
- 299 What would I attempt if I knew I couldn't fail?
- 300 How has my decision-making changed since I started this journal?
- 301 What does it feel like to know I can handle hard things alone?
- 302 What is a standard I'm proud of holding onto?
- 303 What courageous choice am I proud of from this past month?
- 304 What choice today moved me closer to the life I want?

Why This Month Matters

Confidence isn't a feeling you wait for — it's built through small, self-honouring decisions, made one at a time. Every choice that respects your own judgement is evidence, and evidence is what rebuilds trust in yourself. That trust is what lets your focus rest confidently on your own life again.

-
- 305 What does peace look like?
 - 306 What kind of home do I want to build?
 - 307 One year from now...
 - 308 What kind of home do I want to build?
 - 309 What small hope am I holding onto today?
 - 310 What dream is quietly growing in me right now?
 - 311 What do I want to be true about my life in five years?
 - 312 What does the life I'm creating look like in detail?
 - 313 What is one sign lately that things are getting a little lighter?
 - 314 What would I do with my life if nothing were holding me back?
 - 315 What does the woman I'm becoming spend her time doing?
 - 316 What values will shape the home and life I build next?
 - 317 What would it feel like to let myself hope, just a little, today?
 - 318 What did I used to dream about that I want to revisit?
 - 319 What is one thing I'm building toward right now?
 - 320 What does 'a beautiful life' mean to me now?
 - 321 What am I looking forward to, however small?
 - 322 What is a dream I'm ready to say out loud, even to just this page?
 - 323 What would I want to tell myself a year from today?
 - 324 What is one part of my vision for the future I feel most sure about?
 - 325 What has surprised me in a good way this season?
 - 326 What would my ideal ordinary Tuesday look like a year from now?
 - 327 What does my future feel like when I imagine it with hope instead of fear?
 - 328 What would it feel like to fully believe in this vision?
 - 329 What is one reason I believe things can still be good?
 - 330 What am I dreaming about for myself this month?
 - 331 What is one goal for the year ahead that excites me?
 - 332 What does the next chapter of my story look like from here?
 - 333 What does hope feel like in my body today?
 - 334 What is one dream I'm actively building toward?

Why This Month Matters

After months spent processing the past, it's time to let yourself look ahead. Hope and vision aren't naive — they're what happens when your energy is no longer entirely consumed by survival or grief. Imagining a future that belongs only to you is one of the clearest signs that your focus has genuinely come back home.

-
- 335 How have I changed?
 - 336 What am I proud of?
 - 337 What advice would I give the woman from Day One?
 - 338 What does freedom mean to me now?
 - 339 What does looking back over this year teach me about myself?
 - 340 What am I grateful for today, even something small?
 - 341 What is the most important thing I've learned this year?
 - 342 What have I outgrown this year?
 - 343 What was the hardest month of this year, and how did I get through it?
 - 344 Who supported me this year that I want to thank, even silently?
 - 345 What would I tell a friend just beginning this same journey?
 - 346 What does the woman I've become get to enjoy that the woman from Day One couldn't?
 - 347 What surprised me most about my own strength this year?
 - 348 What did this hard season give me, unexpectedly?
 - 349 What false belief did I finally let go of this year?
 - 350 What does freedom feel like in my body today?
 - 351 What is different about how I move through the world now?
 - 352 What part of my life feels abundant right now?
 - 353 What do I know now about love, trust, or myself that I didn't before?
 - 354 What am I most excited to carry into the next year?
 - 355 What would Day One me think if she could see me today?
 - 356 What is something about my body I'm grateful for today?
 - 357 What wisdom did the hardest days teach me?
 - 358 What would I like this next year to be known for?
 - 359 What chapter of this year am I most proud of?
 - 360 What ordinary moment today deserves gratitude?
 - 361 What is one truth I now hold that I'll carry forward?
 - 362 What is one promise I want to make to myself going forward?
 - 363 What have I stopped doing that no longer serves me?
 - 364 What strength in myself am I most thankful for?
 - 365 What have I learned about resilience by living it?

Why This Month Matters

A year of small, honest days adds up to real change, even when no single day felt like a breakthrough. This final month is about noticing that, and letting gratitude and wisdom stand alongside the hard parts. Becoming her was never one big moment — it was every day you chose yourself, one at a time.