

Personal Reflection Exercises...

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I know I can survive the loss of a relationship because I have done it before. Being able to move forward after a relationship's end is important to me. ***I proceed toward the future knowing my life will go on.***

I take time to reflect, so I can move forward freely. This exploration allows me to draw my own conclusions about the relationship. I learn so much from this activity. I know that this soul-searching is important to my future relationships.

After a relationship is over, I ponder how I feel about the whole experience. I explore whether our interactions were mostly positive. I step outside of myself and look at the relationship from the other person's perspective.

When a relationship ends, there is inevitably some pain, and sometimes more than a little. Yet, the termination of a relationship also provides me with a special opportunity to look within myself and learn.

As I engage in my personal journey, sometimes I write about the feelings I still have toward the other person. When I write, I have the opportunity to study my emotions later, when they are not as fresh or intense. After this reflection, I put the relationship in perspective and move on.

Today, I choose to move ahead with renewed interest in life. I realize there comes a time to let go and re-focus on the here and now. ***Letting go of an old relationship is quite freeing.*** Today, I feel cleansed and ready to live the rest of my life with zest and enthusiasm.

Self-Reflection Questions:

1. Do I have difficulties letting go of relationships and moving forward?
2. Do I allow myself time and opportunity to internally explore my old relationships?
3. How can I consider the ending of a relationship as an opportunity to grow?