

JOURNALING EXERCISE

Reveal Your New Core Identity

Why This Matters:

After a breakup, you don't just lose a person—you lose part of who you thought you were.

This exercise isn't about “finding yourself.”

It's about **choosing** who you're becoming now that the old story no longer fits.

You're not the same. That's not a crisis.

It's your opportunity to reinvent.

How to Use This:

- Give yourself **15–20 minutes** of uninterrupted time
 - Be honest—even if what you write feels raw or messy
 - Don't edit. Don't filter. **Write like no one will ever see it**
 - Use pen and paper if you can—it slows your mind down enough to hear the truth beneath the noise
-

PART 1: WHAT I LOST

Write out your answers to the following questions.

1. What part of myself felt safest in that relationship?

(Be specific—"the part that needed to be needed," "the part that didn't have to try so hard," etc.)

2. What version of me disappeared while I was with them?

(This could be a more confident version, creative, joyful, independent, etc.)

3. What did I silence, shrink, or sacrifice to keep the relationship going?

PART 2: WHAT'S EMERGING

Now shift into the present. What are you noticing about yourself today?

1. What have I started doing (or thinking about doing) that I never would have in that relationship?

2. What moments lately have made me proud of who I'm becoming?

3. If I didn't care what anyone thought, what part of me would I unleash?

PART 3: THE CORE DECLARATION

Complete this sentence. Write it big. Write it bold. Tape it to your mirror if you want to.

“I’m no longer the version of me who _____.”

I’m becoming the man who _____.”



Bonus Prompt:

Imagine you meet the version of yourself who’s fully healed, confident, grounded, and at peace. He sits across from you. He’s real. He’s calm. He’s solid.

What does he say to you right now?

Write the message: