

FREE JOURNALING PROMPTS

# Relationships

Journaling prompts for detecting the patterns you keep repeating in love — and deciding which ones come with you.

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## Why journaling

Journaling is one of my favorite techniques — and one of the fastest. Done with honesty, it lets you detect your patterns quickly: make them conscious, see the current picture clearly, and from there, make decisions that are in alignment with where you're actually heading.

A few things before you start. Write by hand if you can. Don't edit yourself — the first answer is usually the honest one, and the second is usually the presentable one. And if a question stings a little, that's not a reason to skip it. That's the one holding the pattern.

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## The pattern

*Start wide. You're looking for what repeats — not what went wrong once.*

- 01 Which partners keep entering my life? What do they have in common?
  - 02 How do they behave at the beginning of the relationship?
  - 03 How do they behave after some time passes?
  - 04 At which point do I start feeling disconnection — or worry, or pain?
  - 05 What do I actually not like in my previous or current relationship? Be specific.
  - 06 What is repeating from relationship to relationship?
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## The honest part

*These are the ones worth slowing down for.*

- 01 Where in my relationships am I betraying myself?
  - 02 Finish the sentence: love is...
  - 03 Finish the sentence: for me to be loved, I need to...
  - 04 Finish the sentence: in a relationship, my partner usually...
  - 05 What am I most afraid of in a relationship?
  - 06 If I got my perfect relationship today — is there an internal fear I've been avoiding?
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## The rewrite

*Patterns aren't verdicts. This is where you decide what continues.*

- 01 Where are my beliefs about relationships coming from?
  - 02 Do those beliefs need to be rewritten? Do I want to take them with me into future relationships?
  - 03 Am I the partner I'd want to be — for the partner I want?
  - 04 What actions can I take daily to associate with that new identity?
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## What you just made conscious, you can now work with.

If a pattern surfaced in these pages and you want to trace it to its root, that's exactly what my 1:1 consultations are for — a constellation works directly with the subconscious to find where the pattern actually starts. Each consultation runs 1–1.5 hours.

Book a 1:1 consultation — DM me on Instagram: [@mariya\\_popkov](#)