



Relationship Reflection Journal Worksheet

Designed for 5–10 minutes of free-flow writing

This worksheet invites you to explore your values, emotional patterns, and the impact of past intimate relationships. Use each prompt to guide a short, uninterrupted writing session. Let your thoughts flow without editing or judgment.

1. Early Impressions of Love

- What were your earliest memories of witnessing or experiencing love and connection?
- How did these experiences shape what you expect or hope for in a relationship today?

2. Patterns From Past Relationships

- Think of a past intimate relationship that impacted you deeply. What emotions or beliefs stayed with you afterward?
- Are there recurring themes or patterns you notice across relationships?

3. Unspoken Lessons

- What did past relationships teach you about yourself—either consciously or unconsciously?
- What lessons do you think you internalized without realizing it at the time?

4. Values Clarification

- What qualities or values feel essential for you in an intimate partnership?
- When you reflect on past experiences, which values felt supported—and which felt violated?



5. Emotional Triggers & Needs

- What moments in past relationships triggered strong emotions in you?
- What needs do these triggers point to—such as safety, respect, consistency, affection, independence, or communication?

6. Your Relationship Narrative

- If you were to summarize the story of your relationships so far, how would it read?
- How has this story shaped what you expect, fear, or hope for now?

7. What You Want Moving Forward

- Based on everything you've reflected on, what do you want to cultivate in a future relationship?
- What do you want to release or leave behind?

Closing Reflection

Take a moment to breathe and check in with yourself. What stood out the most? What felt surprising, emotional, or clarifying?