

## JOURNAL PROMPTS

# *Changing Friendships*

For the friendships that changed, and the truth you already know.

What have I noticed in a relationship that I keep talking myself out of?



Which friendship in my life was meant for a season, and what did that season give me?



Where have two of us changed, and what would it look like to honor that honestly?



What truth about a relationship have I known for a while but haven't said out loud?



What hard truth, once I accepted it, made my life feel lighter?



How have I grown in ways that changed what I need from my friendships?



Who walked with me through a part of my life, and how can I honor that time?



Where in my life would a little distance bring me more peace?



What pattern have I been explaining away, and what is it actually telling me?



How can I keep caring about someone from a distance that protects my peace?



# Changing Friendships

CUT ALONG THE DASHED LINES

NO. 1



*What have I noticed in a relationship that I keep talking myself out of?*

NO. 2



*Which friendship in my life was meant for a season, and what did that season give me?*

NO. 3



*Where have two of us changed, and what would it look like to honor that honestly?*

NO. 4



*What truth about a relationship have I known for a while but haven't said out loud?*

NO. 5



*What hard truth, once I accepted it, made my life feel lighter?*

NO. 6



*How have I grown in ways that changed what I need from my friendships?*

NO. 7



*Who walked with me through a part of my life, and how can I honor that time?*

NO. 8



*Where in my life would a little distance bring me more peace?*

NO. 9



*What pattern have I been explaining away, and what is it actually telling me?*

NO. 10



*How can I keep caring about someone from a distance that protects my peace?*

