The Heartbreak Journal

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A Practical Guide for Healing from a Broken Heart

Companion Journal to

He Was My First Love

THE ROYAL WRITER

INTRODUCTION

Welcome to Your Workspace

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Healing is an active process. It is something you do, one day at a time.

Right now you may feel like a ghost in your own life. Destiny felt that way in her first few weeks after Tobi left. This journal is your workspace. It is a place to make sense of the relationship that ended and to build the life that is beginning.

How to Use This Space

- **Read the Book First:** To get the most out of these pages, read the matching chapter of *He Was My First Love* before you start each section.
- **Find Your Corner:** Choose a spot where you can be alone with your thoughts. You need a place where you feel safe being completely honest.
- **Be Honest:** This journal is for your eyes only. Write exactly what you feel, even if it feels "wrong" or messy. The more honest you are, the faster you will heal.

You are healing. You are becoming.

JOURNAL CHAPTER ONE

The Shattering

Phase 1: The Survival

✦ THE MESSAGE

Right now, the pain can feel heavy in your body, and your mind may be stuck replaying the same painful thoughts. For Destiny, this was the afternoon she slid to the floor in Tobi's bedroom doorway, beside the aso-ebi samples, sure her life had ended. Before you can move forward, be honest about exactly what you feel right now. This chapter is about admitting that your pain is real and valid.

1. *What is the one thought or memory about the breakup that keeps playing over and over in your mind?*

2. *How is this heartbreak affecting your body? Are you having trouble sleeping or eating, or feeling a heaviness in your chest?*

3. *What is one "What If" question you keep asking yourself about the relationship?*

4. *If you could say one thing to your ex right now with zero consequences, what would it be?*

5. *What is one thing in your life that has stayed the same through the breakup? Focus on a simple, grounding fact.*

JOURNAL CHAPTER TWO

The Closure Trap

Phase 1: The Survival

✦ THE MESSAGE

Once the first shock fades, your mind starts hunting for answers. Destiny spent five nights writing the perfect WhatsApp message to Tobi, asking him to explain how they got here. His reply was three cold lines. She wanted closure, and she got ten new questions. Closure is a decision you make inside yourself. Your ex's actions have already given you the answer. This chapter is about closing the door yourself.

1. *Write the message you wish you could send your ex. Say everything, as angry or messy as you need. This letter stays on this page. When you finish, you can tear it out and throw it away.*

2. *Set aside what your ex said for a moment. List what they did. What do those actions tell you about how much they valued the relationship?*

3. *What is the one question you most want your ex to answer? Now write the answer their actions have already given you.*

4. *Where do you still go looking for news about your ex: their social media, mutual friends, old messages? What is one source you will cut off this week to start your "No Information" diet?*

5. *Finish this sentence: "My ex did this because of who they are, and that tells me…" Then write how it feels to stop blaming yourself.*

JOURNAL CHAPTER THREE

The Surveillance Trap

Phase 1: The Survival

✦ THE MESSAGE

It is very tempting to check your ex's social media or re-read old messages. Destiny made a fake Instagram account just to look at Tobi's life. One night she saw a photo of him with the new girl at their anniversary restaurant, and the pain of day one came rushing back. Every look reset her healing clock. With Mrs. Ronke beside her, she deleted the fake account and blocked Tobi. Setting digital boundaries protects your peace of mind so you can heal.

1. *Which app or social media platform makes you feel the worst when you use it?*

2. *What is the most common reason you feel the urge to check up on your ex online?*

3. *What are two things you can do when that urge hits? (Example: Call a friend or put your phone in another room.)*

4. *How do you feel, in your body and your emotions, after you look at their profile or old messages?*

5. *What is one digital boundary you are willing to set today to protect yourself?*

JOURNAL CHAPTER FOUR

The Identity Fog

Phase 2: The Discovery

✦ THE MESSAGE

In a long relationship, you can slowly take on the other person's habits just to keep the peace. Destiny ordered the same fried rice every Saturday for years because Tobi loved it, and every time she picked the peanuts out one by one because she hated them. The book calls this confusion the Identity Fog. This chapter is about finding your true self under the habits you "borrowed" during the relationship.

1. *Think about your morning or evening routine. Which parts of it did you start doing just because your ex did them?*

2. *What is one small, sensory thing you have rediscovered that you truly enjoy? Think of a scent, a food, or a certain fabric.*

3. *If you could change one thing about your living space today to reflect your taste alone, what would it be?*

4. *In the story, Destiny tasted Mrs. Ronke's ginger zobo, the smell Tobi always called "too strong," and she loved it. What is one thing your ex disliked that you enjoy? When will you enjoy it again?*

5. *What is one new thing you have tried recently that made you feel more like yourself? It can be small, like a new food, a bold colour, or a new kind of music.*

JOURNAL CHAPTER FIVE

The Relapse

Phase 2: The Discovery

✦ THE MESSAGE

Healing moves in ups and downs. Some days you will feel strong, and some days you will feel like you slid right back into the ditch. After a long, lonely day, Destiny unblocked Tobi and sent him a “breadcrumb” text about the old mango tree in the estate. Mrs. Ronke reminded her that a car in a ditch at Ogere is still far from Lagos. This chapter is about forgiving yourself after a hard day and getting back on the road.

1. *When was the last time you felt like you "slipped up," like checking their social media, sending a text, or crying over a memory?*

2. *What would you say to a best friend who had the same moment? Write that kind message to yourself.*

3. *What was the trigger or feeling that led to your last relapse? Was it loneliness, a certain song, or just a bad day?*

4. *How can you prepare for that trigger the next time it comes, so you feel ready for it?*

5. *Write down three things you have achieved in your healing so far, however small they seem.*

JOURNAL CHAPTER SIX

The Pivot

Phase 2: The Discovery

✦ THE MESSAGE

After heartbreak, it is easy to stay in a “safe” life because you are afraid of being hurt again. Destiny realised she had decided that a small life was a safe life. She had spent months avoiding risks, promotions, and new people so she would never feel shattered again. Then, at a conference, a speaker named Dr. Ngozi asked why she was handing her future to the man who took her past. This chapter is about naming the dreams you put on hold and finding the courage to chase them again.

1. *If you knew for a fact that you were 100% safe from ever being rejected or hurt again, what is one big career or personal goal you would chase tomorrow?*

2. *What is one hobby, talent, or dream, like Destiny's architecture, that you quietly set aside to make room for your relationship?*

3. *Describe your current "comfort zone." In what parts of your life are you playing it safe just to stay comfortable?*

4. *What is one "Micro-Bold Move" you can take this week to start moving toward your bigger goals?*

5. *Picture yourself five years from now. What is she doing that the current "safe" version of you is afraid to do?*

JOURNAL CHAPTER SEVEN

The New Standard

Phase 3: The Harvest

✦ THE MESSAGE

Once you feel whole, the "cost of entry" into your life goes up. Destiny saw this clearly with Femi. He was handsome, successful, and in her field, and they went out twice. By the second date she saw that he tried to impress her by putting other people down, and he shouted at Mrs. Ronke's gateman. He wanted an audience, and she wanted a partner. This chapter is about trusting how you feel beside someone and making room only for people who add to the peace you already have.

1. *List five character traits, like honesty, consistency, or kindness, that are now non-negotiable for anyone who wants to be in your life.*

2. *Think about a recent interaction with someone new. Did your nervous system feel calm and steady, or did you feel like you had to "perform" to be liked?*

3. *What are three "Green Flags" (good signs) you will look for in future friendships or relationships?*

4. *How do you feel about being alone right now? Does it feel like a punishment, or has it become a place of power and peace?*

5. *What is one boundary you have struggled to set in the past that you will now keep, however "perfect" someone seems on paper?*

JOURNAL CHAPTER EIGHT

Full Circle

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Phase 3: The Harvest

✦ **THE MESSAGE**

Healing means building a real life where you feel at peace. Ten years later, Destiny knelt in the garden of the home she designed, with her husband, David, and their two children nearby. She remembered the girl on the floor in that doorway, sure her life was over, and she saw that the heartbreak had rescued her. It cleared the ground for the life she has now. This chapter is about celebrating your growth and owning the truth that you are the author of your story now.

1. *Look back at the person you were in Chapter One. What is one strength you have now that you lacked then?*

2. *In what ways has the "No" you received from your ex saved you from a life that was too small for you?*

3. *Write a short "Legacy Vision." Picture your life five years from today. What does "Settled and Whole" look like for you?*

4. *What is one seed of a dream you planted during your "dry season," your darkest months, that is starting to grow?*

5. *How will you keep protecting your peace and your identity as life gets busy or successful?*

The Emergency Protocol

Keep this page handy for days when the grief feels loud.

When the urge to reach out or look back hits, answer these three questions honestly.

1. The Feeling: I want to reach out right now because I am feeling...

2. The Reality Check: If I send this message or look at that profile, I will feel _____ for five minutes, and then I will feel _____ for the next three days.

3. The Better Choice: What is one thing I can do right now that honors the person I am becoming?

The Vow of Reclamation

Read this out loud. Sign it. Date it. This is your contract with yourself.

"I, _____, recognize that my peace is a sanctuary and my identity is non-negotiable. The pain I have walked through has made me wiser and stronger. I vow to never again 'shave off my edges' to fit into someone else's box. I will not settle for being 'chosen' at the cost of my self-respect. I am a whole picture, and the cost of entry into my life has gone up. I am the author of my next chapter, and it is going to be beautiful."

Signed: _____

Date: _____

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