

14 *Reflection Questions*

TO DISCOVER

YOUR TRUE FEELINGS

WORKSHEET



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14 Reflection Questions To Discover Your True Feelings

What you are going through is normal. Take this time to listen to your heart and work through these questions in order to discover what you truly feel about your ex boyfriend and yourself.

[1] Do you hope that you would get back with your ex boyfriend? Why?

[2] Do you want him to still desire you? Why?

[3] What are your feelings about his new relationship (and possible future marriage with someone else)?

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.” 2 Corinthians 1:3-4

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[4] Do you have regrets about your breakup with him? Why?

[5] Do you feel more rejected because he has a new girlfriend in his life? Why?

[6] Is it unfair that he has moved on and that you have not found a new boyfriend/fiancé? Why?

"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." John 16:33

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[7] Are comparing yourself with his new girlfriend and wondering in what ways she's better than you? Why?

[8] What were the reasons that you and your ex boyfriend/fiancé ended the relationship?

[9] What losses have you suffered from the breakup (and from him moving on)?

"He sets on high those who are lowly, and those who mourn are lifted to safety." Job 5:11

[10] What are your thoughts about him now?

[11] What do you wish you had done differently - before the relationship, during the relationship and after the breakup?

[12] What emotions would you prefer to have now?

"I believe that I shall look upon the goodness of the Lord in the land of the living! Wait for the Lord; be strong, and let your heart take courage; wait for the Lord! Psalm 27:13-14

[13] What steps will you take to recover emotionally and mentally?

[14] What do you need from God right now?

Check out:

[6 Tips to End a Relationship Well](#)

[Are you in an Unhealthy Relationship? 8 Signs](#)

[Why Jesus is Better Than a Husband | 10 Epic Reasons](#)

**With love & laughter,
Kimberly Garth**

“Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me and lead me in the way everlasting! Psalm 139: 23-24

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