



Why Am I Still Thinking About My Ex?

A Self-Reflection Worksheet

It's super common to keep thinking about someone long after a relationship ends. That doesn't mean you're weak, dramatic, "stuck" or even that you want them back. Often it means there are still emotions, patterns or unanswered questions your mind is trying to understand.

Use the prompts below to get curious about what might still be holding your attention.

1. What exactly am I missing?

Sometimes we miss the person.

Sometimes we miss how we felt in the relationship.

Ask yourself:

- Do I miss them, or do I miss how things felt when they were good?
- Do I miss the relationship, or the future I imagined with them?
- What specific moments or memories do I find myself replaying?

Write a few thoughts:

2. What feelings come up when I think about them?

Circle or write any emotions that show up:

- Sadness
- Loneliness
- Anger



- Regret
- Confusion
- Nostalgia
- Hope
- Relief
- Something else: _____

Reflection:

Which emotion shows up the strongest?

3. Are there unanswered questions?

Our brains tend to loop when something feels unfinished.

- Is there something I wish I understood about the breakup?
- Do I feel like I never got closure?
- Is there something I wish I could say to them?

Write it out (even if you never send it):

4. What did this relationship represent in my life?

Sometimes a relationship carries deeper meaning.

Did it represent:



- Feeling chosen or loved
- Safety or stability
- A major life chapter
- A version of myself I miss
- A dream about the future

What did this relationship symbolize for you?

5. What might my mind actually be trying to process?

Instead of asking “*Why can’t I get over this?*” try asking:

- What part of this experience still needs understanding?
- Is there hurt I haven’t fully allowed myself to feel?
- Is there a lesson I’m still figuring out?

Write your thoughts:

6. A gentle reality check

Try finishing these sentences:

- One thing that wasn’t working in the relationship was:

- One thing I **learned about myself** from this relationship:



- One thing I need in future relationships is:

7. If I could say one compassionate thing to myself about this situation, it would be:

Example:

“It makes sense that this still hurts. I cared deeply.”

Your turn:

Final Reflection

Still thinking about someone doesn't mean you're failing to move on.

Sometimes it simply means your mind is still trying to make meaning out of something that mattered.

And meaning takes time.

If you find yourself stuck in the same thoughts or emotional loops, talking with a therapist can help you sort through the pieces that are hardest to carry alone.