



WRITING PROMPTS

# SMITHEREENS

THE SURPRISING SILVER LININGS OF LIFE AFTER DIVORCE

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Did divorce inspire you to pursue dreams you had set aside?

What emotional challenges surprised you most after divorce, and how did you manage to overcome them?

What parts of yourself have you rediscovered or nurtured while rebuilding your life?

If you could offer one piece of advice to a friend going through a difficult divorce, what would it be?

Discuss how your approach to relationships changed after your divorce. What have you learned?

What unexpected joys have emerged in your life since your divorce? How did this joy challenge your perceptions of what life could be after such a significant change?

What resources—be it people, practices, or places—became your lifeline as you moved through life post-divorce?

Is there someone whose support or wisdom made a significant difference in how you coped with your divorce?

Share a significant milestone you reached after your divorce and how you celebrated it.

Through all the challenges, what has kept you moving forward?

