TWIN FLAME



Journaling Prompts

EZODIACSIGNS

Do you believe in twin flames?



Date:

Who is your twin flame?

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Do you identify more with twin flames or soul mates?

How long have you believed in twin flames?



Date:

Describe your twin flame.

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How did you know they were your twin flame?

How long have you known your twin flame?

Did you recognize them as having a soul tie right away?

List the first signs you noticed they were your twin flame.

What is the very first thing that caught your attention?

Do you feel an electricity between you and your twin flame?

Was there an instant	attraction between you and your twin flame?

Did the world ever feel like it turned upside down?	
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When did those early feelings of obsession set in?

List your favorite things about your twin flame.

What is the quality of theirs that is your favorite?

List the things you don't love as much about your twin flame.

Which of their qualities challenge you the most?

Have you experienced a separation period with your twin flame?



Date:

What was this like?

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Are you the runner or the chaser?

If you are the chaser, have you released them yet?

How hard was it for you to learn you have to release them?

Is this something you are still struggling with?

How is your twin flame teaching you more about yourself?

How are you looking inward and working more on yourself?

Have you gone through major shifts in your life since meeting them?			

Are you working on your spiritual growth?

List your priorities right now with this twin flame
experience.

What are you trying to focus more on?

In what ways are you doing your own personal healing?

Is your twin flame working on their own healing?		

Does your twin flame still deny this connection?		

Why do you think they are in such deep denial?

Does your twin flame believe in soul ties?		

What do you think they feel about you?

Have you ever decided to go after a different type of union instead?

Do you feel destined to be with this person?

How often do you think about your twi	n flame?

When do they come up in your thoughts most often?

How are you different from your twin flame?

How are you similar to your twin flame?

In what ways do you mirror each other?

What is the biggest hurdle you and your twin flame have to get through?

How does your twin flame make you feel?

How do you feel when you are with your twin flame?

Could you let them go and just be friends?

Have you been in other relationships since meeting them?

List affirmations you are using for your twin flame union.

What negative thoughts have you been having?

Is your internal dialogue about them positive or negative?

How are you going about manifesting your twin flame?

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Do you believe your twin flame is manifesting you?

Write a stream of consciousness that describes this union.

How does your twin flame treat you?

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Do you believe someone else could treat you better?

Do you feel the challenges in this union are worth it?

Do you believe this is also your soul mate?

Did you believe in soulmates or soul ties before you met them?

How has your twin flame opened your eyes to spirituality?

spirituality:

In what ways are you learning to make yourself the priority?

How are you creating your own life separate from your twin flame?

When do you see the ultimate union happening?

Has your runner started chasing you since you left?						

Н	ow are you working on building a happy life?	
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Date:

What will truly make you happy?

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Can you find a way to enjoy your life without your twin flame?							

What do you see as an ideal way to come back into connection with them?						

Script an ideal scenario about being in union with your twin flame.							

What are some of your own interests you are spending time on?



Date:

What are some hobbies you love?

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Do you believe in spiritual bonds?



Do you believe in psychic bonds?

Do you think you feel your twin flame's pain?

Do you think they have a psychic connection to you?

How often do you and your twin flame share emotions?

Do you talk to your twin flame about your connection?

Do you believe in friend soulmates or twin flames?

Do you have any friends who you believe you are destined to spend life with?	
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When in life did you feel you "woke up" finally?	

What do you love about your spiritual journey?

Is your life revolving around your twin flame?

How are you revolving your life around yourself?

What shared trauma do you have with your twin flame?

What life experiences are similar between you both?

Do you dream about your twin flame?

Does your twin flame admit to dreaming about you?

Who in your life do you have a strong emotional connection with?

How are you exploring more of your spiritual side?

Do you believe you are an empath?

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How often do you feel others' emotions?

What angel numbers have you been seeing recently?

What reminds you of your twin flame?

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Have you had any tarot readings about your twin flame?



How are you healing old wounds?

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How does your energy shift when you talk to your twin flame?

Can you feel them coming back to you?



Do you trust your own intuition?

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Is your intuition guiding you toward this union?
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Write a stream of consciousness about how you want this union to happen.					