

Letting Go of the Idealized Version

A Self-Growth Journaling Guide

By Andressa Martins



20 reflective
prompts to help you
bridge the gap
between fantasy
and reality



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A Gentle Invitation

We often believe we are attached to a person, but many times, we are attached to a feeling — a sense of belonging, safety, hope, or being deeply seen.

This journaling guide is an invitation to gently explore the space between fantasy and reality. Not to judge yourself, not to force clarity; but to listen, with honesty and compassion.

Take your time. There is no right order, no right pace, and no “correct” answers.

Clarity doesn't arrive through pressure, it arrives through presence.



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How to Work With These Prompts

- *Choose a quiet moment where you won't be interrupted.*
- *Write without censoring yourself.*
- *Let your body sensations guide your reflections.*
- *Pause whenever something feels emotionally charged.*
- *You don't need to answer all questions at once.*

You can return to this guide multiple times. Each time, you may notice something new.



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PART 1

Understanding the Fantasy

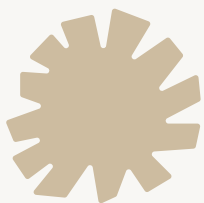


1. When I imagine this person, what feelings arise first?



2. What version of myself do I become in this fantasy?

3. What does this imagined relationship promise me emotionally?



4. What parts of this fantasy feel comforting or soothing?



5. What fears or uncertainties disappear when I stay in imagination?

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PART 2

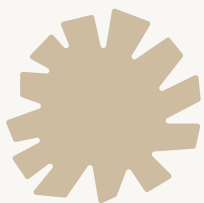
Naming the Idealized Image



1. What qualities do I emphasize or exaggerate in this person?



2. What uncomfortable traits or behaviors do I minimize or ignore?



3. What moments from reality don't fully fit the fantasy I created?



4. What am I protecting myself from by idealizing this connection?

5. What does this person represent beyond who they actually are?

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PART 3

Listening to the Body



1. How does my body feel when I imagine being with them?



2. How does my body feel when I am actually with them?



3. Where do I notice tension, contraction, or unease in real contact?



4. Where do I feel calm, openness, or grounding — if anywhere?

5. What might my nervous system be asking for right now?

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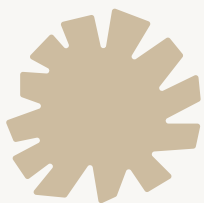
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PART 4

Reality, Belonging & Letting Go



1. In reality, do I feel emotionally safe, seen, and respected?
2. What kind of belonging am I seeking through this connection?
3. Is this sense of belonging available here — or mainly in fantasy?
4. What truth feels difficult to accept, but keeps repeating itself?
5. What would it mean to honor reality without abandoning myself?

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INTEGRATION

Sitting With What Emerged



After completing the prompts, pause again.

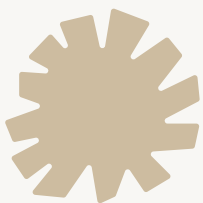
Ask yourself gently:



1. What feels clearer now?

2. What feels heavier?

3. What feels more honest?



You don't need to act immediately.

Awareness itself is already movement.



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A Reframe

Letting Go Is Not a Loss

Letting go of an idealized version is not failure.

It's not giving up on love.

It's not becoming "less hopeful."

It's a return —

to your body,

to your needs,

to what is real and sustainable.

Belonging that is real does not require you to ignore yourself.



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A Final Note

*You don't need to rush clarity.
You only need to keep listening.*

*If this exercise brought up emotions
you'd like to explore more deeply,
you're not meant to carry them alone.*

*You can find more free resources on
my website, or book a session with me
if you'd like professional,
compassionate support.*

*With care,
Andressa Martins*

