



DIVORCE DECREE

Today, I, _____, officially request a divorce from _____.

I completely understand that there will no longer be a binding commitment between myself and the _____ I've grown to accept. This decision is irreversible, and I commit to stand beside it.

As part of this divorce decree, my requests are the following:

- I want my confidence back; you robbed me for years causing me to second guess my worth and potential.
- I want my focus back; I was too distracted about what wouldn't work to see what would.
- I want my peace back; your presence interrupted my mental health.
- I want my healthy relationships back; you made me afraid to be vulnerable with people that I love which caused a strain in relationships.
- I want my heart back; it's time for me to love freely without the fear of being hurt.
- I want my time back; you whispered thoughts of fear and procrastination that wasted time.
- I want my freedom back; you've had me chained to insecurities long enough.
- I want my vision back; you blinded me to see my own value and possibilities.
- I want my patience back; I became too anxious that disappointment filled my heart.
- I want my power back; this relationship caused me to hide my scars.
- I want my voice back; I allowed my voice to be mute and refused to share my story.

In addition to this, I would like to include:

My signature below denotes my binding commitment to divorce _____ to pursue my future.

Signed on this day, _____, 20_____

Signature

with love from *Jessica Toussaint*