

15 Journal Prompts for Anxiety

Simple prompts to calm racing thoughts.



What am I feeling right now?

Name every emotion you're experiencing without judging yourself. Try to be as specific as possible instead of simply saying "I'm anxious."



What triggered these feelings?

Think about what happened before your anxiety appeared. It could be a conversation, a situation, or even a thought.



What story is my anxiety telling me?

Write down your anxious thoughts exactly as they come to mind. Then ask yourself whether they are facts or assumptions.



What can I control today?

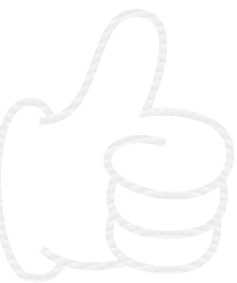
Make a list of things that are within your control. Shift your attention toward one action you can take today.



What is outside my control?

Write about the things you're trying to control but cannot.
Practice giving yourself permission to let them go.





What do I need right now?

Ask yourself what would genuinely help in this moment. It could be rest, food, water, movement, or a conversation.



What am I grateful for today?

Even on difficult days, there is often something worth appreciating. Write down one or two small moments of gratitude.



What evidence supports my fear?

Look at your anxious thoughts objectively. What facts support them, and what facts challenge them?





What would I tell a friend?



Imagine someone you care about felt exactly the way you do. Write the advice and compassion you would offer them.



What helped me before?

Think back to a time when you managed anxiety successfully. What coping strategies worked for you?





What am I avoiding?



Anxiety sometimes grows when we avoid difficult situations. Identify one thing you've been putting off and why.



How does anxiety feel in my body?

Notice where you feel tension, discomfort, or restlessness. Writing about physical sensations can help you become more aware of your body's signals.



What is one small step I can take?

Choose one simple action that feels manageable today.
Small steps are often more helpful than waiting for
motivation.



What do I want to remember?

Write one reassuring reminder you can return to whenever anxiety feels overwhelming. Make it something you truly believe.



One Prompt Is Enough

You do not need to answer every prompt today. One honest page can help you understand your thoughts and feel more grounded.

