

50 Therapy Journal Prompts

Simple prompts to understand your thoughts and emotions.





How am I feeling today?



Describe your emotions without judging them. Name every feeling that comes up, even if it feels confusing or uncomfortable.



What triggered these feelings?

Reflect on what happened before these emotions appeared. Look for situations, thoughts, or conversations that influenced your mood.





What do I need right now?

Ask yourself what would genuinely support you today,
whether it's rest, connection, space, or something else.



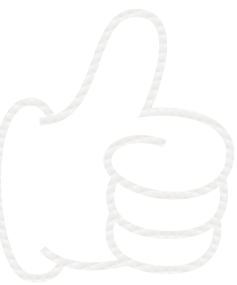


What am I avoiding?



Write about something you've been putting off. Explore why it feels difficult and what emotions are connected to it.





What thoughts keep repeating?

Notice recurring thoughts throughout the day. Writing them down can help you understand patterns in your thinking.



What am I grateful for today?

List a few things you appreciate, no matter how small.
Gratitude can help balance difficult emotions.



What am I proud of?

Reflect on a recent accomplishment or moment where you handled something well, even if it seemed small.



What is causing me stress?

Identify the biggest source of stress in your life and describe how it affects your thoughts and emotions.



How does my body feel?

Notice physical sensations like tension, fatigue, or calm.
Your body often reveals emotions before your mind does.





What helps me feel safe?



Think about people, places, routines, or activities that help you feel secure and grounded.





What am I afraid of?



Explore your fears with curiosity instead of judgment.
Write honestly about what worries you most.



What can I control today?

Separate what's within your control from what isn't. Focus your energy on small actions you can take.



What is outside my control?

List the things you're carrying that aren't yours to manage.
Practice letting go where possible.





What boundaries do I need?



Reflect on where stronger boundaries could protect your time, energy, or emotional wellbeing.





When do I feel most calm?



Recall moments of peace and identify what helped create that feeling.



What makes me feel overwhelmed?

Write about situations that leave you feeling emotionally overloaded and why they affect you.



What would I tell myself today?

Offer yourself the same kindness and encouragement you would give to someone you care about.



What belief is holding me back?

Identify a limiting belief and question whether it truly reflects reality.



What does happiness mean to me?

Define happiness in your own words instead of comparing yourself to others.



What am I learning about myself?

Reflect on a recent insight that has helped you better understand your thoughts or behaviors.



What emotion is hardest to express?

Think about the feelings you often keep hidden and why they are difficult to share.





What would help me heal?



Write about healthy habits, conversations, or experiences that could support your personal growth.



What do I need to forgive?

Reflect on a situation where forgiveness, whether for yourself or someone else, could help you move forward.



What expectations am I carrying?

Notice expectations you've placed on yourself and
whether they are realistic or helpful.





What brings me peace?



List activities or moments that consistently help you feel
calm and present.



What am I holding onto?

Explore emotions, memories, or worries that continue to take up mental space.



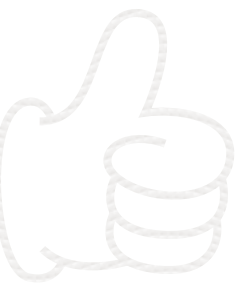
How do I respond to setbacks?

Think about your typical reaction to challenges and what you'd like to improve.





What does self-care mean to me?



Describe the habits that genuinely help you recharge instead of simply staying busy.



What relationships support me?

Reflect on the people who make you feel seen, respected, and valued.



What relationships drain me?

Identify relationships that consistently leave you feeling exhausted or emotionally overwhelmed.



What makes me feel confident?

Recall moments when you felt capable and identify what contributed to that confidence.



What am I most worried about?

Write freely about your biggest concern and how it affects your daily life.



What would my younger self need?

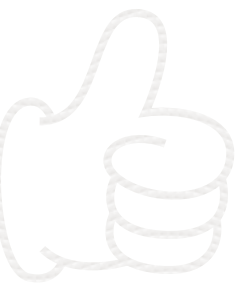
Imagine speaking to your younger self with kindness, understanding, and encouragement.



What would my future self say?

Picture yourself a few years from now offering guidance and reassurance.





What small win can I celebrate?

Recognize progress you've made, even if it feels minor.
Small wins build confidence over time.





What habit helps my wellbeing?



Reflect on routines that consistently improve your emotional or mental health.



What habit no longer serves me?

Identify behaviors that make life harder and consider healthier alternatives.



What does success mean to me?

Define success based on your values instead of external expectations.



What motivates me most?

Explore what inspires you to keep growing, learning, and moving forward.





What have I overcome?



Reflect on challenges you've faced and acknowledge the strength you've shown.



What am I avoiding saying?

Think about an honest conversation you've been postponing and why.



How do I cope with stress?

Describe the strategies you use today and whether they truly support your wellbeing.





What makes me feel connected?



Reflect on experiences that help you feel close to yourself and others.





What does balance look like?



Describe what a balanced life would realistically look like for you.



What can I let go of?

Identify one worry, expectation, or regret that no longer deserves your energy.



What brings me hope?

Think about people, dreams, or moments that remind you brighter days are possible.



What am I looking forward to?

Write about something that gives you a sense of excitement or anticipation.



What is one step forward?

Choose one realistic action you can take today that supports your wellbeing.



What do I want to remember?

Write a reminder that you can return to whenever life feels difficult.



Keep Showing Up

You don't have to answer every prompt at once. One honest reflection each day can help you better understand yourself. Save these prompts and return whenever you need them.

