

Journal Prompts

Reflective Prompts

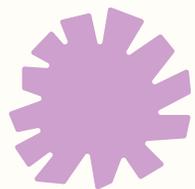


- What made you feel comfortable or uncomfortable today?
- What was frustrating about today?
- What was the best/worst/most challenging thing that happened?
- Describe the people you met today. What were your interactions like?
- Describe the atmosphere you were in today. Reflect through your senses: What did you see? Hear? Smell? Taste? Touch?
- Describe an experience you had recently. What feelings were brought to the surface? What impact did it have on you, or on others? What thoughts did it invoke? Did you learn anything new?
- What did you learn about yourself today/this week?
- Describe a moment you want to remember.



Prompts about trauma and grief

- Describe what it feels like to grieve a loss of identity.
- Who were you before now, and who do you want to become?
- How have you expressed this grief?
- Who has been the most supportive during this healing time?
- How have they been supportive, how has it changed you?
- How has this trauma or issue influenced other aspects of your life: work, family, personal relationships, living situation, and so on?
- In what ways has this emotional upheaval made you more vulnerable, and in what ways has it make you less vulnerable?
- What have you learned by going through this trauma that now affects the way you make decisions?
- Write about positive decisions you've made or believe you will make as a result of what you went through.
- Write a letter to your past self—the self that went through the loss or trauma—from your today self. What would you say to comfort that person? What advice would you give? Offer your past self the acceptance and love that they need.



Positive Prompts

- Write about 3 things you are grateful for today.
- What made you smile today?
- Describe emotions and thoughts.
- When I'm in pain, physical or emotional, the kindest thing I can do for myself is?
- Write what you wish others knew about you.
- Name a compassionate way you supported a friend this week.
- Then write how you can do the same for yourself.
- Write the words you need to hear.
- My favorite way to play is...
- How did you feel strong or powerful today/ this week?
- What did you accomplish today/this week?

