



Journal Prompts

for stress & anxiety

1. Where do I feel my tension right now? What does it look like in my body and soul?
2. What are my greatest fears?
3. What do my fears look like? *An animal, a monster, big, small, spiky, black...*
4. When I close my eyes, take a deep breath, and think about my worries, what do I see? What's the worst that I envision?
5. How can I break down my problem, fears, overwhelm or stress?
6. Who can help me to better handle this? Why them?
7. What are the tools at my disposal to help me tackle my fears and stresses?
8. What makes me feel trapped?
9. What makes me feel free?
10. Who are my cheerleaders and supporters? Who makes me feel safe to share my woes? Why?
11. What are my triggers? What easily makes me angry, anxious, sad, or jealous?
12. What does my best self look like when I'm feeling anxious or stressed?
13. What are my go-to activities when I feel anxious or stressed? What could I do to feel less tense and more relaxed?
14. How can I look at things differently? From a new or someone else's perspective? What would my role model do in this situation, with this feeling?
15. What affirmations could I repeat to make myself feel stronger and more prepared to face things? *"I have everything I need..."*
16. Do I feel that I need to pause and relax, or get up and move? Where do I feel my tension and fear? Have I sat for too long? Hungry, tired?
17. Is this a recurring situation? Who, what, where causes me to feel this way? How? What could I do to confront this issue?
18. How does my environment make me feel? How will I make my surroundings more healing?
19. Recount your day or week...what happened? Who was there? How did you feel?
20. Current thoughts_____ More helpful thoughts_____