Journal Prompts for Healing

THE 30 PROMPTS • FIVE GENTLE STAGES

Stage 1 — Naming Where You Are

1. In one sentence, what are you healing from? You do not have to soften it or explain it.
2. Where does this season feel heaviest in an ordinary day — mornings, work, evenings, or somewhere else?
3. What emotion visits most often lately? Write to it like a guest, not an enemy.
4. What has been harder than you expected? Name one thing, plainly.
5. On a scale you invent yourself, where are you today — and what would one step up look like?
6. What do you wish the people around you understood without you having to say it?

Stage 2 — Making Room for What Happened

7. Tell the story of what happened in five sentences or fewer. Facts only, no verdicts.
8. What part of it still feels unfinished? What would "finished" even mean?
9. What did you need at the time that you did not get? Write it without blaming anyone, including yourself.
10. What is one thing that was not your fault, even if it still feels like it was?
11. If the hardest moment could be set down on the table in front of you, what would you say to it?
12. What have you been carrying that actually belongs to someone else?

Stage 3 — Being Gentle With Yourself

13. Write the kindest true sentence you can say to yourself today.
14. What would you say to a close friend in your exact situation? Write it to them, then read it back as yours.
15. What is one small comfort that still works — a drink, a place, a song, a routine?
16. What can wait? List three things that do not have to be fixed this week.
17. Describe a version of rest that is not sleep: what does your mind do when it is off duty?
18. What boundary would protect the healing you have already done? One is enough.

Stage 4 — Small Signs of Mending

19. What can you do now that you could not do at the start of this season?
20. When did you last laugh or feel light for a moment? What was happening?
21. Who or what has quietly helped? Write them a thank-you you may never send.
22. What is one ordinary thing you have started enjoying again?
23. What strength did this season show you that you did not know you had?
24. If healing had a weather report this week, what would it say?

Stage 5 — Looking Forward, Softly

25. What does "forward" look like for you — not fixed, not finished, just forward?
26. What are you ready to release? What are you not ready to release? Both answers are allowed.
27. What is one small thing tomorrow could hold that supports the person you are becoming?
28. A year from now, what do you hope feels different — and what do you hope stays the same?
29. Write a letter to yourself one year from now. Seal it in the journal and set a date to open it.
30. Finish this sentence three ways: "I am still here, and…"