Journal Prompts for Anxiety

1. What is one ordinary thing I can see around me right now?
2. Which sound feels neutral or familiar in this moment?
3. What is supporting me physically where I am sitting or standing?
4. What small detail in this space deserves a little attention?
5. What is true about this present moment, without predicting the next one?
6. If today's feelings had a few simple words, what would they be?
7. What seems to be asking for my attention today?
8. What can I acknowledge without needing to explain or fix it?
9. What feels uncertain, and what do I actually know so far?
10. What feeling could I name and then leave unfinished for now?
11. If I spoke to myself as I would to someone I care about, what might I say?
12. Which expectation could I soften for today?
13. What have I been doing that deserves credit, even if it seems small?
14. What can remain unfinished without changing my worth?
15. What permission would I like to give myself this afternoon or evening?