Journal Prompts for Anxiety

16. Which worry is closest to the surface right now?
17. Is there a practical part of this worry I can respond to today?
18. What part of this situation is not mine to decide today?
19. What information would I need before deciding anything?
20. Where could I set this question down until I have more clarity?
21. What is one manageable task I could make smaller?
22. What would the very first minute of that task look like?
23. What could I postpone, delegate, or take off today's list?
24. What gentle choice might make the next hour a little easier?
25. What would be enough for today, even if it looks different from my original plan?
26. Where or with whom do I usually feel able to be myself?
27. What kind of support could I ask for, if I wanted it?
28. Which familiar activity feels comforting or simply neutral right now?
29. How would I like to close this journal page today?
30. What is one kind thing I can carry into the next part of my day?