

Reflection Journal Prompts

Guided prompts for processing emotions, naming fears, and writing toward hope.

For personal reflection only. Not a substitute for therapy or professional mental health support.

*There is no right way to use these prompts. Write as much or as little as feels true.
Come back to any prompt on any day. Feeling is part of healing.*

NAMING WHAT YOU FEEL

Right now, in this moment, I feel...

The emotion I have been avoiding is...

If my body could speak today, it would say...

Something I have not yet let myself grieve is...

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FINDING GROUND

Three things I know to be true about myself, even now...

A moment this week when I felt like myself...

Someone who makes me feel safe to be honest with...

What "enough" looks like for me today...

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WRITING TOWARD HOPE

One small thing I am looking forward to...

A fear I am ready to name out loud (on paper)...

What I would tell a friend going through what I am going through...

A prayer, intention, or hope I am holding for this season...

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FAITH & SPIRIT

Where I have seen God's hand in this journey...

A scripture, quote, or word that is sustaining me...

What I need from my faith community right now...

What wholeness looks like for me — body, mind, and spirit...