

Journal prompts for when you're not feeling great

Exploring emotions and reactions

WHAT EMOTIONS AM I FEELING RIGHT NOW?

WHAT IS MAKING ME FEEL LOW (PEOPLE, CIRCUMSTANCES ETC)? IF YOU'RE NOT SURE THEN JUST WRITE THE FIRST WORDS THAT COME TO MIND OR SKIP THIS QUESTION.

WHERE IN MY BODY DO I FEEL THE EFFECTS OF MY EMOTIONS? WHERE ARE THEY MANIFESTING PHYSICALLY?



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HOW DO I WANT TO FEEL RIGHT NOW? AM I HAPPY TO SIT IN SADNESS (THAT'S OKAY) OR DO I WANT TO FEEL ANOTHER WAY?

WHAT COPING MECHANISMS AM I USING? ARE THEY GOOD OR BAD FOR ME? DO THEY WORK?

HAVE I BEEN HERE BEFORE? HOW DID I GET THROUGH IT? WHAT LESSONS DID I LEARN?

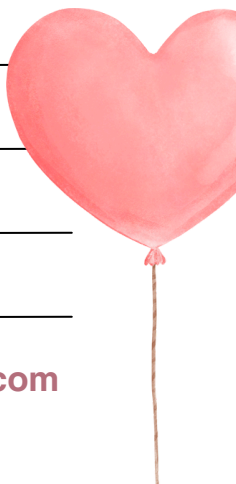
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Taking action

WHAT IS ONE THING I COULD DO THAT COULD MAKE ME FEEL BETTER RIGHT NOW? AND TOMORROW?

WHO MAKES ME FEEL BETTER WHEN I'M FEELING LOW? HOW DO THEY DO THIS?

WHAT COULD I SAY "NO" TO OR SET A BOUNDARY ON?



Journal prompts to explore why I'm not feeling great

Remembering the good things...

SOME THINGS I'M LOOKING FORWARD TO ARE...

WHAT HAS MADE ME SMILE RECENTLY? LIST ANY GOOD THINGS THAT HAVE HAPPENED (EVEN TINY THINGS).

WHAT THREE THINGS AM I GRATEFUL FOR?



A letter to your best friend (who has the same problems as you)

We speak so harshly to ourselves. Can you imagine talking to your best friend the way you talk to yourself? I doubt you would say many of the put-downs that you throw at yourself. Why not put it to the test? Imagine your best friend has the same problem as you. Write them a letter of advice and comfort.



A letter to someone who has wronged you

If you're feeling low because of the actions of another person then use this page to vent your anger/ express your hurt/ put your point across/ forgive them - whatever feels right to you. Let everything out so that you can acknowledge how you feel. Again, feel free to safely burn this afterwards.



Extra Journalling Page

A series of 22 horizontal green lines for writing, spaced evenly down the page.