

30 Healing Journal Prompts

- What is bothering you the most right now?
- Who has hurt you and what happened?
- Journal ways to care for yourself physically, mentally, emotionally, & spiritually.
- Name 3 things you can do to help yourself feel good today.
- What do you need the most so you can heal your life?
- What words do you need to hear spoken?
- Are there any situations holding you back from healing completely?
- What do you have no control over regarding the situation/s causing you pain?
- What could you have done differently, do you have any regrets, and if so how can you forgive yourself?
- Describe your support system including friends, family, pets, and community.
- What changes do you need to make going forward in life?
- What fears caused by the past can be released?
- How can you make your lifestyle more conducive to healing?
- Are you holding yourself back from healing in any way?
- Journal some words of self-acceptance and self-love.
- How will you forgive and what does forgiveness mean to you?
- How can what you've been through empower you in the future?
- What do you still need to understand, or lack clarity about?
- How can your spirituality help you heal?
- How can other people help you heal and who can help?
- What good-feeling thoughts do you want to have?
- What are you the most grateful for right now?
- Describe your healing progress thus far.
- Write a few words of support to yourself.
- What are your goals moving forward in life?
- Journal some ways you can improve your thought patterns.
- What have you learned from the past?
- How can your experiences help others?
- What inspires you now?
- How do you see the future?

