

50 Journal Prompts for Anxiety & Depression

- What are the top 5-10 stressors in your daily life causing you anxiety, depression, or other mental health issues?
- For each stressor, write out some words associated with your feelings. Is fear, shame, guilt, or other emotions hiding behind the anxiety or depression?
- When did your anxiety, depression, or other mental health struggles begin? How far back can you trace these issues?
- How did your upbringing affect your mental health?
- Describe how your family, friends, and social environment affect your mental health.
- How does your job affect your mental health?
- Note any changes you can make to improve your work environment, and social circle, and create a more positive support network.
- What can you give to others that would improve your mental health?
- What's the best way you can improve your physical health to feel better mentally? For example: improve your sleep, cut back on alcohol, or eat healthier.
- What do you love about yourself the most, including your best personality traits?
- Describe some skills you have or would like to develop. Would focusing on skill development improve mental health? Why or why not?
- Journal some actions that would help boost your self-esteem. Would improving self-esteem help anxiety, depression, or other mental health issues?
- What are some beneficial ways to break out of your comfort zone?
- Who has hurt you that you need to forgive? How can you let go of the pain they have caused you? In what ways do you need to forgive yourself?
- How does your spirituality affect your mental health? What is your belief system like and how does it provide you with a deeper understanding of life?
- Write a list of the good things in your life. What have been your most positive experiences? Who or what are you most grateful for?
- What changes do you know you need to make, and which are most challenging?
- Describe your most frequent emotional states and what triggers those states.

- List 10 places you can pull strength from. For example- nature, art, reading, God, your best friend, etc.
- What are your dominant thought patterns like? What phrases and self-talk occupy your mind, and where do they originate?
- Can you dispute your negative thoughts, and find proof they may not be true? Try refuting your negative beliefs with as much critical thinking as possible in your journal.
- What secrets do you hold? How can you heal from them? For example, can you talk about them with a friend or therapist? Can you journal them, paint them, or sing about them?
- What would you tell your younger self if you could go back in time?
- Now, imagine you are forward in time feeling happy and balanced with no mental health conditions. What would your future self say to you?
- What physical activities help improve your depression, anxiety, or other mental health issues? Does walking, swimming, or meditating help you feel better? What new physical activities can you try that might improve your mental health?
- How do you view yourself? How do you view others and the world? Are you optimistic or pessimistic? Why?
- Journal what your best life looks like. What do you think is possible for yourself? And why?
- Can you see beyond your best life into an even better future? Can you dream even bigger, and how does dreaming big make you feel?
- What matters most to you in life? What is the most important thing to you?
- How can you use the following to improve your life: Family, friends, nature, art, reading, technology, deep thinking, helping others, speaking truthfully, being kind, self-love, empathy, open-mindedness, peacefulness, curiosity, quiet, spirituality?
- What small changes can you make to your daily routine to improve your mental health? What commitments can you make to care for yourself?
- Describe the happiest moments of your life. Who was there? Were you laughing? Relaxing quietly? Dancing? When was the last time you felt happy?

- What qualities in other people do you love? Can you see these qualities as a reflection of you?
- And what qualities do you dislike? Why do you dislike these qualities?
- How can you improve your body image?
- Write a love letter to yourself.
- Where is the silver lining within the hard lessons you've learned in life?
- Do you believe that life can be consistently peaceful, happy, and fun? Why or why not?
- List some times you worried over nothing. Now write a statement reminding yourself that not everything you fear comes true.
- Describe your identity- who are you and how do you see yourself? What labels do you give yourself?
- What identities or labels have your family, friends, or community given you that you have accepted as truth? Are any of your labels true? Are any permanent? How do you know?
- How can you shift your identity to see yourself more lovingly?
- Who do you admire, or what qualities do you admire in a person?
- Write a journal entry describing the present moment in detail. Describe the beauty you see or imagine.
- What does love mean to you?
- What does success mean to you?
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- How have your past experiences shaped who you are?
- What aspects of personal development inspire you, and how can you incorporate them into your daily life?
- Write down 10 goals for the future. They can be small or large, whatever you like, as long as they inspire you rather than cause you stress.
- Journal 5 inspirational quotes that make you feel hopeful, happy, uplifted, or inspired.