

Emotional Writing Prompts

1. How do you feel about yourself today, at this moment?

2. What has been bothering you the most lately?

3. What do you have no control over regarding the situation causing you pain?

4. What emotions do you experience most often? Where do you feel them in your body?

5. Which emotions do you find hardest to accept (guilt, anger, disappointment, etc.)?

6. Are there any feelings you're trying to numb (by keeping yourself busy, using addictions, etc.) because you're afraid they're too raw or difficult?

7. Are you willing to uncover the sources of your pain? Why or why not?

8. What has your pain taught you?

9. What are the most important lessons you've learned from allowing yourself to feel your painful emotions?

10. What would tell a dear friend who's struggling with the same emotions?

11. Describe an experience from your past that ultimately made you more resilient.

12. Write down at least 5 affirmations for yourself related to allowing yourself to feel your emotions.

The following are some examples:

- I am allowed to feel this way.
- I am not defined by what I feel.
- I can breathe my way through this.
- I own my emotions so they don't own me.

13. Make a list of things that bring you joy.

14. What good-feeling thoughts do you want to have?

15. Make a list of things that have been helpful cope with difficult emotions in the past?

16. What could you do to boost your mood in a healthy way today?

17. What do you need to do more or less of to improve your well-being?

18. What are you the most grateful for right now?

19. What words do you need to hear spoken to help you feel safe and less alone?

20. Describe your support system including friends, family, and community.

21. What changes do you need to make going forward?

Note: *If writing about painful emotions is too distressing, don't push yourself. Consider seeing a therapist to help you explore and address these feelings.*