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?

			o you	ı find	hardes	t to	accept	(guilt,	anger,
	_		-	_	_	_		_	_
Are you	willing	to unc	over tl	ne soui	rces of yo	our pa	nin? Wh	y or why	not?
What ha	s your	pain ta	ught y	ou?					
			_		•	ou've	learned	from a	llowing
	Are ther ing addid	Are there any feing addictions, of the work willing. What has your to the work with the work will be a second with the work will be a second with the work with the work will be a second	Are there any feelings ing addictions, etc.) be what has your pain ta	Are there any feelings you're ing addictions, etc.) because What has your pain taught y What are the most import	Are there any feelings you're tryin ing addictions, etc.) because you're Are you willing to uncover the soun What has your pain taught you? What are the most important le	Are there any feelings you're trying to numing addictions, etc.) because you're afraid the Are you willing to uncover the sources of you what has your pain taught you?	Are there any feelings you're trying to numb (by ing addictions, etc.) because you're afraid they're are you willing to uncover the sources of your part willing to uncover the sources of your part what has your pain taught you? What are the most important lessons you've	Are there any feelings you're trying to numb (by keepinging addictions, etc.) because you're afraid they're too raw Are you willing to uncover the sources of your pain? Why What has your pain taught you? What are the most important lessons you've learned	Are there any feelings you're trying to numb (by keeping yourse ing addictions, etc.) because you're afraid they're too raw or difficult of the control of t

10. Wh	at would is?	tell a	dear	friend	who's	strugg	ling v	vith	the	same
11 Desc	ribe an e	vnerienc	e fron	n vour i	nast the	at ultime	ately n	nade	VOII	more
resilient		xperiene	e mon	ir your j	past the	it uitiiiit	itely i	nauc	you	more
	te down to feel yo			rmatio	ns for	yourself	relat	ed to	allo	owing
The follo	owing are	some ex	xampl	es:						
• I a	am allowe	ed to feel	this v	way.						
• I a	am not de	fined by	what	I feel.						
• I o	can breatl	ne my wa	ay thr	ough th	is.					
• I o	own my e	motions	so the	ey don't	own m	ie.				

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 les alone?
20. Describe your support system including friends, family, and community.
21. What changes do you need to make going forward?
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Note: If writing about painful emotions is too distressing, don't push

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.