Healing Journal Prompts

1. Describe a painful memory you are ready to release today.				
2. What negative thoughts or painful feelings have you been holding on to				
because of this memory?				
3. How does holding onto these thoughts and feelings negatively impact your daily life?				
4. What thoughts and feelings would you like to feel instead?				

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8. Write out a mantra that encourages releasing old wounds. Repeat it
every morning or as often as you can.
The following are some examples:
• I let go of my negative emotions
• I choose to move on
• As I move on, I feel liberated
• I forgive myself and I forgive others
9. What are you currently stressed or anxious about? Why is that so?
10. List your top three anxious thoughts.
11. What can you replace the anxious thoughts with?

	Describe a time when you felt anxious about something	that	never
пар	pened.		
13.	What helped you cope with your stress or anxiety in the pas	 t?	
	What are three actionable steps you can take today to br ce into your life?	ing g	reater
	What would you tell a friend who's going through lenges?	the	same

16. What parts of your life have been affected most by your pain?	
7. Write a goodbye letter to your negative and anxious thoughts.	
8. List three things you're grateful for today.	
9. What do you wish you would remember on your bad days?	

20. Write a letter of encouragement to yourself.		
21. How can you make progress towards healing this week?		