

Journal Prompts For Relationship Anxiety

1. What are the situations that trigger your anxiety in relationships?

2. How does your anxiety affect your partner and relationship?

3. What are your biggest fears and concerns when it comes to relationships?

4. Do you worry you may not be good enough for someone? Why?

5. How do you think learning to better manage your relationship anxiety could improve your life?

6. How do you handle conflict in relationships?

7. What do you think is the root cause of your anxiety in relationships?

8. How have past relationships contributed to your relationship anxiety?

9. What do you find most challenging about relationships?

10. What makes you feel most insecure in your relationships?

11. What beliefs do you have about yourself that are contributing to your relationship anxiety?

12. What do you tend to do or avoid doing to reduce your relationship anxiety? What healing coping skills can you use to manage your anxiety?

13. How can you work on increasing your self-esteem?

14. What can you do to make yourself feel more secure in relationships?

15. What can your partner do to help you feel more secure?
