

15 Journal Prompts for When You Feel Too Much

1. What emotion have I been avoiding lately - and why?
2. I feel most like myself when I...
3. What does "safe" feel like to me right now?
4. Write a letter to the version of you who survived something hard.
5. I am soft, but I am still ____
6. What's one small thing that brought me peace today?
7. How does my heart ask for rest?
8. Who or what makes me feel deeply seen?
9. I don't say it often, but I really need ____
10. What's something I forgive myself for today?
11. I cry in cursive when...
12. List 5 things that ground you when life spins too fast.
13. I deserve softness even when I ____
14. What does "healing" look like for me right now - not ideally, but honestly?
15. End with: "Dear me, I love you even when ____"

"Romanticize your healing. Even the messy parts."

"This page is a safe space - for your thoughts, your chaos, your calm."