journal prompts

started _____

thirty to start with, for a calm moment

- [ ] 1 When did you last feel anxious? Where were you and what was happening?
- [ ] 2 Where in your body do you feel worry first?
- [ ] 3 Write down the worry that is loudest right now, exactly as it sounds.
- [ ] 4 List ten things that have helped you feel steadier, big or small.
- [ ] 5 What would you do with your day if worry were quieter?
- [ ] 6 What are the first signs, in your body or your thoughts, that worry is building?
- [ ] 7 What does your breathing do when you are anxious? Notice it now.
- [ ] 8 What is the evidence that it will happen? What is the evidence that it will not?
- [ ] 9 Who can you contact when you need to talk? Write their names here.
- [ ] 10 What are you looking forward to this month?
- [ ] 11 Which times of day tend to feel heavier, and which feel lighter?
- [ ] 12 Which kind of movement leaves you feeling clearer afterwards?
- [ ] 13 What is the worst that could happen, the best, and the most likely?
- [ ] 14 What words help you when you are struggling? Write them so you can find them.
- [ ] 15 Which goal matters enough to feel nervous about?
- [ ] 16 List the situations that most often set off worry for you.
- [ ] 17 What does your body feel like on a calm day? Describe it so you can find it again.
- [ ] 18 If it did happen, what would you do first?
- [ ] 19 What is one small task that makes you feel capable when everything else does not?
- [ ] 20 What have you done this year that you once thought you could not?
- [ ] 21 Which situations used to worry you and no longer do?
- [ ] 22 Which sensations do you tend to read as danger, even when they are not?
- [ ] 23 What would you say to a friend who had this exact worry?
- [ ] 24 Which routine gives your day a shape you can lean on?
- [ ] 25 Which part of your life feels steady and good right now?
- [ ] 26 How would someone watching you know you were anxious?
- [ ] 27 What helps your shoulders, jaw or stomach unclench?
- [ ] 28 Is this worry about something you can act on, or something you cannot? Sort it.
- [ ] 29 Which places or activities make time pass gently?
- [ ] 30 Who would you like to spend more time with?

daily check-in

date _____

hours slept

woke up feeling

worry today

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

0 10

energy today

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

0 10

what is on my mind

what helped today

1

2

3

something i handled

worry log

date	the worry	0 to 10	act on it?	what i did

thought check

date _____

where i was

how strong, 0 to 10

what happened

the thought, exactly as it sounded

evidence for it

evidence against it

a kinder, more balanced view

how strong now, 0 to 10

one small next step

my steadying plan

write it before you need it

This journal is for reflection. It is not medical advice, diagnosis or treatment. If something here feels like too much, pause, and talk to someone you trust or a qualified professional.

my early signs

what settles my body

what helps my thoughts

places that help

people i can contact

1

2

3

4

words to read on a hard day