

# 20 JOURNAL PROMPTS FOR ANXIETY AND DEPRESSION

- List 20 things that make you smile.
- Write about what you love about life.
- When things seem tough, I want to remember \_\_\_\_\_
- What is something that you have overcome?
- Write about some of the kindest things that you can do for yourself when you are in pain (physical and/or emotional).
- Write about your victories this week.
- What do you think your life would be like if you didn't have anxiety or depression?
- What positive changes have you made or experienced in the past year?
- Write the words that you need to hear.
- What does your best day look like?
- What would you like to be remembered for?
- Write about one thing that you look forward to every day.
- Build a list of 15 songs that can help change your mood.
- Write about five of your best talents.
- List three things that you would do if you weren't afraid.
- What are five things that help you feel better when things are difficult?
- Write about ten things that you are thankful for.
- What is your favorite memory?
- Choose one thing that triggers anxiety or depression, and then write about a few ways that you can combat this trigger.
- Write about something that you forgive yourself for.

