

Chronic Illness Reflection

Journal Prompts



This Book Belongs To

Chronic Illness Journaling Prompts

Part 01

1. Chronic illness often puts you in the space of feeling out of control.

What are things you can control in your daily life?

2. How has the relationship with your body changed over the years?

3. How do you define chronic illness. How does the way you perceive the term chronic illness affect your relationship with chronic illness?

4. How does Chronic illness impact my day-to-day life?

5. Are there any unique experiences that chronic illness has brought into your life (ie. a community, new friendship, etc.)?

6. What has your journey been on the road to answers? How has your diagnosis changed over time?

7. Have there been any sentiments from other people that have made you feel better? But, on the other hand, have there been memorable sentiments that made you feel worse?

8. How do you prioritize your self-care amidst the chaos?

9. Have you placed blame on yourself for anything you couldn't control? If yes, take this time to write an apology letter to your former self

10. Who has been supportive to you in this chronic illness journey?

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Part 02

11. What helps you relieve stress in your daily life? Are you in a state of transition, or are you able to set up a place for respite?

12. Have you ever felt misunderstood by someone you trust or respect? If so, write a letter to the individual clarifying and expressing how you felt. Write this letter for you and not to be mailed.

13. What emotion words express how you have felt throughout your journey? What emotional state would you define yourself in now?

14. Do you think your illness has changed how others see you? How does this make you feel?

15. Who can you contact when you struggle physically, emotionally, mentally, etc Is this one person for every category, or are there different people who hold various roles?

16. Sometimes, writing to others in a place of guidance can help individuals identify how far they have come in their journey For You sent your journey? What emotional state would you define yourself in now?

17. How has work changed throughout your relationship? Have you been able to hold a position?

18. How can I set myself as a priority even on days where time feels limited?

19. Does your body give any indicators to express its needs? Do you often listen to what your body is saying or ignore it?

20. How can you be more patient with your body mentally and physically?

Chronic Illness Journaling Prompts

Part 03

- 21. How do you feel about the concept of time? Do you think you have gained or lost time with your experiences?**
- 22. Do you struggle with grief regarding your life before chronic illness?**
- 23. Do you feel worried about anything in your life currently?**
- 24. What has the financial impact of chronic illness been in your life?**
- 25. Has the financial impact of chronic illness impacted your family dynamic?**
- 26. Has your initial family life changed as a result of chronic illness?**
- 27. Has your ability to eat various foods changed due to your illness (ex. Gluten, solid foods, etc.)?**
- 28. How has your relationship with food changed throughout your health journey?**
- 29. What activities can you participate in to set a routine and form a sense of community?**
- 30. Would you say that attending appointments gives you anxiety? Is this new or ongoing? If it's new, is there a reason why the anxiety started?**
- 31. What can you do to simplify your required routine? (Ex: medications, documentation, etc.)**
- 32. How can you bring the practice of gratitude and reflection into your life?**
- 33. What impacts have your chronic illness had on your education? Have you had to become homeschooled or pause on furthering your education?**
- 34. On the other hand, are you able to continue schooling? Do you need any accommodations to be your most successful self?**

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Part 04

35. How has your chronic illness altered your ability to travel? Are you traveling as much as you were before being diagnosed?

36. How have your goals and future dreams changed as a direct result of your diagnoses or lack thereof?

37. Do you have any relationships strained because of miscommunication? How can you work on fostering those relationships?

38. Do you have goals that can no longer happen similarly due to your illness? How can you alter them to accommodate your current needs? So often in grief, humans can jump to an all-or-nothing mindset; how can a balance be made?

39. Do you have any hobbies or collections that make you feel safe?

40. Have you attended or looked into attending any support groups? Would you feel better with a local or virtual support group?

41. How has your relationship with animals or pets changed over the last five years? Do you find comfort with one type of animal over another?

42. What do you wish people knew about your experience? Journaling is a space to include background information you want people to know and understand but don't wish to talk about verbally

43. Are you good at saying "No"? How can you improve your ability to set boundaries with other people?

44. When feeling multiple emotions at once, are you someone who needs to be around people or be alone? How can this be discussed with individuals with whom you share a personal space?

