

Journal Prompts- Depression

Understanding Your Feelings

1. How would you describe your depression in your own words?
2. What emotions come up for you most often when you're feeling low?
3. If your depression had a voice, what would it say? How would you respond?
4. What are some triggers that make your depression feel worse?
5. How does depression affect your daily life and relationships?

Exploring Thoughts and Beliefs

6. What negative thoughts do you find yourself repeating? How can you reframe them?
7. What would you say to a friend who is feeling the way you do?
8. Write a letter to your depression—what do you want it to know?
9. What beliefs about yourself feel heavy right now? Are they true?
10. How do you feel about asking for help when you're struggling?

Coping and Self-Care

11. What small things bring you even a little bit of comfort on hard days?
12. How do you usually cope with your depression? Are these coping mechanisms helpful?
13. Describe a time when you felt even a little better—what helped in that moment?
14. What self-care practices do you struggle to maintain when you're feeling low?
15. What is one kind thing you can do for yourself today?

Finding Hope and Strength

16. What are three things, no matter how small, that you're grateful for today?
17. What is something you've overcome before that once felt impossible?
18. If you could talk to your younger self, what words of encouragement would you share?
19. What is one goal, however small, that you can set for yourself this week?
20. Imagine a future where you feel better—what does that look like? What steps could help you get there?