

## **Journal Prompts- Agoraphobia**

### **Understanding Agoraphobia & Fear**

1. What specific situations or places do I fear the most, and what thoughts or feelings arise when I think about them?
2. How do I physically experience fear when I think about going to places that trigger my agoraphobia? What symptoms do I notice in my body (e.g., racing heart, sweating, dizziness)?
3. What beliefs do I have about leaving my home or being in certain public places? How realistic are these beliefs, and how can I challenge them?
4. How do I feel about being in places where I can't immediately escape or where help might not be easily accessible? What does that fear represent for me?
5. How do my experiences of agoraphobia affect my sense of independence and freedom? How do I wish I could feel in those situations?

### **Triggers & Anxiety Management**

6. What are the specific triggers that cause me to feel anxious about leaving home or being in public spaces? Can I break them down into smaller, more manageable parts?
7. How does my mind react when I face a trigger, and how can I reframe those thoughts to reduce my anxiety or fear?
8. What coping strategies have helped me manage anxiety in the past? How can I use those strategies when I feel overwhelmed by the urge to avoid a situation?
9. How do I comfort myself during times when I feel scared or overwhelmed by the idea of going outside or being in public? What self-soothing techniques help?
10. How do I calm myself when I'm in a situation that causes anxiety, and what grounding exercises can I practice to stay present in the moment?

### **Facing Fears Gradually**

11. What small, manageable steps can I take toward facing my fears? How can I start with something less intimidating and build my confidence?
12. What is a safe, low-stress location I could visit to gradually get used to being outside or in public? How can I prepare for that experience mentally?
13. How can I track my progress as I challenge myself to face situations that cause me anxiety? What small victories can I celebrate?
14. When I think about gradually confronting my fear, how do I feel? What emotions arise, and how can I use those feelings to motivate myself?
15. What support or reassurance can I ask for from loved ones to help me feel more comfortable taking steps to confront my fears?

### **Self-Compassion & Reflection**

16. How do I feel about myself when I'm unable to face my fears or leave home? What can I do to practice self-compassion and let go of self-judgment during those times?

17. How do I deal with feelings of guilt or shame related to my agoraphobia? What steps can I take to let go of those feelings and treat myself with kindness?
18. What would it be like for me to accept that my fear and anxiety are part of my current experience but do not define me? How can I practice accepting this reality?
19. How can I take care of myself emotionally during times when I am struggling with agoraphobia? What would a self-care plan look like for me in these moments?
20. How do I forgive myself when I avoid certain situations, and how can I shift my mindset from guilt to understanding that this is part of the healing process?

## **Empowerment & Moving Forward**

21. How can I remind myself that I have the ability to gradually overcome my fears, even if the progress feels slow? What motivates me to keep trying?
22. What strengths have I developed while living with agoraphobia, and how can I use those strengths to help me move forward in my healing process?
23. How do I envision my life without the limitations of agoraphobia? What would I like to be able to do, and how can I start taking small steps toward that vision?
24. What are the biggest barriers that are holding me back from facing my fears, and how can I start working through them in a manageable way?
25. How can I create a support system that encourages my gradual exposure to situations that trigger agoraphobia? Who can I reach out to for encouragement and assistance?

## **Progress & Reflection**

26. How can I track my progress in facing my fears, even if it's in small increments? How can I acknowledge each success along the way?
27. When I look back at my journey with agoraphobia, what progress can I see that I might have overlooked in the moment?
28. How can I remind myself that recovery from agoraphobia is a process and that setbacks don't define my ability to move forward?
29. What would it look like to set a realistic goal for myself in the near future related to confronting my agoraphobia? How can I break that goal into smaller, achievable steps?
30. How can I celebrate my progress, no matter how small, in facing my fears? What rewards or positive reinforcements can I give myself for the hard work I am doing?