

Journal Prompts: Autism

Self-Awareness and Identity

1. How do I feel today? What emotions are present, and where do I feel them in my body?
2. What are some things I enjoy doing? How do these activities make me feel?
3. What are some things I don't enjoy or find difficult? How do these things make me feel, and how can I cope with them?
4. When I think about my strengths, what qualities come to mind? What do I do well, and how can I build on those strengths?
5. What are some challenges I face that are unique to me? How can I understand or work through these challenges?
6. What makes me feel calm, safe, or relaxed? Are there specific routines or actions that help me feel this way?

Emotional Regulation and Understanding

7. When I feel overwhelmed, what are some signs or feelings that let me know I need a break?
8. How do I express my emotions? Do I feel comfortable talking about my feelings, or do I express them in different ways (e.g., through actions, art, or movement)?
9. What strategies or tools can I use when I feel frustrated, anxious, or upset?
10. How can I describe a time when I was really happy or excited? What was happening, and how did I feel?
11. How do I know when I'm feeling sad or stressed? What are some things I can do to help myself feel better?
12. How do I express my joy, anger, sadness, or other emotions? Are there certain words or actions that help me communicate how I feel?

Sensory Experiences

13. What sounds, sights, or textures do I find comforting or soothing? What makes me feel calm and safe?
14. Are there any sensory experiences (e.g., light, touch, sound) that overwhelm me or make me uncomfortable? How do I cope with these sensations?
15. How do I react to certain smells or tastes? Are there specific ones that I love or dislike?
16. What environments make me feel most comfortable? What sensory aspects (e.g., lighting, noise, temperature) contribute to this feeling?
17. How do I manage sensory overload? What strategies help me when things become too much?

Social Understanding and Interactions

18. How do I feel when I interact with others? Do I prefer being around people, or do I find it easier to be alone?
19. What social situations make me feel anxious or confused? How can I approach these situations differently next time?
20. What are some social skills that come easily to me, and which ones are more challenging?
21. How do I feel when I don't understand what someone else is saying or when I don't know what to say? How do I handle this?
22. What makes a good conversation? How can I practice better communication skills in my interactions with others?
23. How do I feel when I am in large groups of people? What do I need to feel comfortable and connected in these situations?

Understanding My Needs and Boundaries

24. What do I need to feel safe and secure in my daily life? How can I communicate these needs to others?
25. How do I set boundaries with others? Are there specific situations where I find it hard to say "no" or express my limits?
26. What makes me feel respected and understood? How can I express my needs to others more clearly?
27. How do I like to spend my alone time? What activities or hobbies help me feel recharged and calm?
28. How do I communicate my personal space needs? Are there ways I can better explain when I need space or time alone?

Reflecting on Personal Growth and Future Goals

29. How have I grown or changed over the past year? What are some things I've learned about myself?
30. What goals do I have for myself in the future? What steps can I take to work toward those goals?
31. What new things would I like to try or learn? How can I explore new interests or hobbies that excite me?
32. How do I feel about my future? What are some things I want to accomplish or experience as I continue to grow and learn?
33. What are some areas of my life that I would like to improve, and how can I start to make changes?

Building Relationships and Understanding Others

34. How do I feel when I form new friendships or connections with others? What do I need to feel comfortable in a new relationship?
35. What are some things I can do to be a good friend or family member? How can I show my care and appreciation for others?

36. How do I feel when someone else needs help or support? How can I offer help in a way that feels comfortable to me?
37. What qualities do I value in friends and family? What makes someone a good friend to me?
38. How can I better understand the feelings or needs of others? Are there ways I can ask or listen to understand them better?

Understanding My World and the People Around Me

39. How do I perceive the world around me? Are there things I notice that others might not, or things others notice that I don't?
40. How do I feel when I experience something new or unfamiliar? What can I do to feel more open to new experiences or changes?
41. What is important to me when it comes to rules or routines? How do I feel when these routines change unexpectedly?
42. How do I react to surprises or changes in plans? What can I do to feel more comfortable when things don't go as expected?
43. What can I do to take care of my mental health and well-being? How can I find balance in my life with my needs, wants, and responsibilities?