

Journaling Prompts for Depression

1. What thoughts do I find myself repeating when I feel low? Are they facts or interpretations?
2. What is one small thing I accomplished today, even if it felt hard?
3. What used to bring me joy? How might I reintroduce a small piece of that into my life?
4. When I imagine a future version of me who feels better, what is different?
5. What does my inner critic say, and how would a compassionate friend respond?
6. When do I feel most like myself? What can I do to feel that way more often?
7. What parts of me are still fighting, even when things feel hopeless?
8. Write a letter from your depression to you. Now write a response back.