

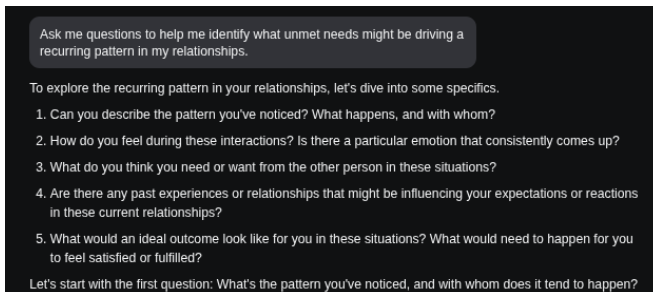
30 Reflective AI Prompts to Deepen Your Therapy Work Between Sessions

These prompts are designed to help you:

- Make sense of your emotions
- Reflect on experiences to gain insight into your behavior
- Identify thoughts, memories, or beliefs to explore with your therapist
- Reflect on and identify your primary emotions
- Develop and practice mindfulness
- Foster gratitude and self-compassion
- Deepen empathy for yourself and others

BUT, remember:

- Artificial intelligence is not a person and does not possess human experiences or feelings, despite its ability to express emotions and emulate compassion.
- Exercise caution when considering advice or taking action based on AI feedback, as you will bear the consequences of those decisions, not the AI.
- Most AI assistants are **not HIPAA compliant**; be very mindful of the information you share.



That said, these prompts can be helpful when using AI to guide your reflection between therapy sessions.

1. Help me unpack a situation where I felt emotionally overwhelmed—what were my primary emotions and what might have triggered them beneath the surface?
2. Guide me in identifying the difference between what I felt and how I reacted in a recent conflict.
3. Ask me questions to help me identify what unmet needs might be driving a recurring pattern in my relationships.
4. Help me reflect on a recent emotionally charged moment—what was I truly afraid of or trying to protect?
5. Walk me through a mindfulness practice that helps me become more aware of my bodily sensations linked to stress or anxiety.
6. Can you help me journal through a memory that keeps resurfacing, and identify what belief I may have formed from it?

7. Give me questions to explore how I learned to respond to sadness/anxiety/guilt/anger, and whether those responses still serve me.
8. Help me reflect on how I use distraction or numbing—what feelings might I be avoiding?
9. Ask me to describe a recent moment of vulnerability and what it revealed about my core emotional needs.
10. Guide me in writing a self-compassionate letter from my adult self to the younger version of me who experienced pain.
11. Help me create a mindfulness-based morning check-in to set an emotionally aware tone for the day.
12. What beliefs about myself or the world seem to come up most often in therapy? Help me explore where they came from.
13. Ask me to explore how I show empathy toward others, and how I might turn that same empathy inward.
14. Prompt me to identify three small moments of gratitude from today and reflect on how they affected my mood.
15. Help me reflect on a situation where I misunderstood someone—what assumptions was I making?
16. Guide me through a visualization of a peaceful place I can return to in my mind when I feel overwhelmed.
17. Ask me to reflect on how I typically react when I feel criticized—what story does that reaction tell about my past experiences?
18. Help me identify which parts of me tend to take over in moments of stress/fear/anger, and what they might be trying to protect.
19. Prompt me to explore what I find most difficult about being still or quiet with my thoughts.
20. Help me notice what emotions are present in my body right now, and guide me to breathe into them with compassion.
21. Ask me to describe a time I comforted someone else and how I might offer that same comfort to myself.
22. Guide me in mapping out the connection between a painful belief and the life experiences that may have shaped it.

23. Help me explore how I typically respond to joy and excitement—do I embrace it, downplay it, or feel anxious about it?
24. Walk me through a journaling process to explore how I handle disappointment and what I believe it says about me.
25. Help me create a weekly reflection ritual to review emotional patterns, triggers, and growth.
26. Prompt me to write a letter of gratitude to someone I've never thanked, and explore how it feels to express appreciation.
27. Ask me to reflect on how I respond when someone else is in emotional pain—what helps me stay present or makes me pull away?
28. Guide me through an exercise that helps me name and validate the primary emotion underneath my secondary reaction (like anger or withdrawal).
29. Help me consider one old belief that may no longer serve me and walk me through a compassionate reframe.
30. Ask me how I can befriend the parts of me I typically judge, and guide me in giving those parts a voice.