

Safe Space Journal Prompts

1. Write about a place where you feel completely safe. Describe it with all your senses.
2. What are three things you can do right now to comfort yourself when you feel overwhelmed?
3. Recall a time you overcame something difficult. What strengths did you discover in yourself?
4. Write a letter to your younger self offering reassurance and kindness.
5. What does healing look like for you today, in this moment?
6. List five affirmations that remind you of your worth and strength.
7. Who in your life makes you feel supported and understood? Write about why.
8. Create a mantra or phrase that helps you return to calm when you feel triggered.
9. Imagine a future version of yourself who feels safe and whole. What advice would they give you?
10. Write down the small daily rituals that help you feel grounded.