



JOURNAL PROMPTS FOR DEPRESSION, SADNESS, GRIEF, & SHAME

Use the Emotions Wheel on page 2 to assist you. Use as few or as many prompts as you like.

1. What is something that made me feel sad today?
2. Is there something I'm grieving, like a person, relationship, pet, etc.?
3. What specific emotions do I feel today, underneath the darkness of the depression clouds? Why is it important for me to be aware of these emotions?
4. What emotion is most prevalent today? Where in my body do I feel it? What would I like to feel there instead?
5. If depression is a messenger, what is it trying to tell me at this moment?
6. What steps can I take to ease my depression? What's worked in the past?
7. How can I better take care of myself emotionally when I am feeling depressed?
8. What challenges am I facing and need to ask for help and support with?
9. When I think back, when did I feel most alive, alert, curious, and safe? What was happening then? What was I doing? Who else was present?
10. When did I last feel deeply at peace? Write every detail you can think of. What do you smell, hear, see, taste, feel on your skin when you think of this moment?
11. What do I need more of in my life? How could I take steps toward that?
12. Looking back, were there early signs that I was heading toward depression? How can I use that information to my advantage in the future?
13. When things feel hard, I want to remember _____.
14. What is one thing you are curious to try but have not gotten around to it?
15. The last time I felt sad, what made me feel better then?
16. What is one self-care practice I can add to my daily routine?
17. What is something positive going on in my life right now?
18. What is one thing I wish I could change about my life? What tools do I have? What could get in the way?

