

# Journal Prompts for Depression

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Use these journal prompts to support your journey overcoming depression. They can help you reflect on your progress and challenges, and you can revisit them whenever you need a moment of clarity or strength. Journaling offers a safe space for honest self-expression – there's no right or wrong way to approach it. Trust in the process, and let your words guide your healing.



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\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



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# Journal Prompts for Depression

Journaling can be a powerful tool for managing depression. **Journaling lets you process your emotions and provides a safe space to express thoughts and feelings, helping to release pent-up emotions that might otherwise fuel depression.** By putting these feelings into words, you can gain clarity and perspective, making overwhelming situations feel more manageable.

## Benefits of Journaling

- **Emotional release:** Writing helps you process difficult emotions and release pent-up feelings.
- **Stress reduction:** Journaling provides an outlet for stress, offering mental and emotional relief.
- **Tracking progress:** Documenting your thoughts and experiences allows you to see patterns and growth over time.
- **Improved self-awareness:** Writing fosters introspection, making it easier to identify your thoughts, triggers, and coping mechanisms.



## Journaling Tips

- **Set aside time:** Consistency is key. Even 5-10 minutes a day can make a difference.
- **Be honest:** Write freely without filtering or editing yourself.
- **Stay patient:** Results come with time. Don't rush your progress.
- **Use prompts:** On days when you feel stuck, prompts can help spark your thoughts and reflections.

Use the following prompts to kickstart your journaling journey or revisit them whenever you need a boost. Remember, journaling is your space to be yourself fully, and there's no wrong way to do it.

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# Journal Prompts for Depression

## Journal Prompt 1

Date:

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# Journal Prompts for Depression

## Journal Prompt 2

*What is something that made me feel sad today?*

Date:

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*Is there something I'm grieving about, like a person, relationship, pet, etc.?*



# Journal Prompts for Depression

## Journal Prompt 4

*How can I better take care of myself emotionally when I am feeling depressed?*

Date:

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*What would life be like without the depression symptoms?*



# Journal Prompts for Depression

## Journal Prompt 6

*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?*

Date:

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# Journal Prompts for Depression

## Journal Prompt 7

*What emotion is most prevalent today? Where in my body do I feel it? What would I like to feel there instead?*

Date:

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# Journal Prompts for Depression

## Journal Prompt 8

*When I think back, \_\_\_\_\_ was when I felt most alive, alert, curious, and safe. What was happening then? What was I doing? Who else was present?*

Date:

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# Journal Prompts for Depression

## Journal Prompt 9

*If there's one thing that could change in my life now, what would that be? What can I do to start changing my direction?*

Date:

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*Where do I feel most depressed in my body? Why is it important for me to know where it is?*



When I have the energy, I will \_\_\_\_.



Three times I have been happy in the past:





# Journal Prompts for Depression

## Journal Prompt 13

*Five reasons my inner critic needs to quiet down:*

Date:

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# Journal Prompts for Depression

## Journal Prompt 14

My inner critic is wrong about \_\_\_ because \_\_\_.

Date:

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*What times of year do I feel my best? My worst? Do I notice a pattern?*



# Journal Prompts for Depression

## Journal Prompt 16

*Think of a moment when you felt 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?*

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*What steps can I take to ease my depression? What's worked in the past?*



# Journal Prompts for Depression

## Journal Prompt 18

*Write about your resilience. Give specific examples of when you've shown resilience.*

Date:

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# Journal Prompts for Depression

## Journal Prompt 19

*What do I need more of in my life? How could I take steps toward that?*

Date:

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# Journal Prompts for Depression

## Journal Prompt 20

*Looking back, were there early signs that I was heading toward depression?*

Date:

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*What's my relationship with food like normally? How about when I'm feeling depressed?*



When things feel hard, I want to remember \_\_\_\_\_.



What is something you are looking forward to?

Date:



# Journal Prompts for Depression

## Journal Prompt 24

What made you upset today?

Date:

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# Journal Prompts for Depression

## Journal Prompt 25

*When was the last time you did something nice for yourself?*

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# Journal Prompts for Depression

## Journal Prompt 26

What is one thing you are curious to try but have not gotten around to it?

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*Write about a happy memory in detail.*



*The last time I felt sad, I felt like \_\_\_\_\_. What made you feel better then?*





*What is one self-care practice I can add to my daily routine?*



*What is one thing I wish I could change about my life?*



*If depression is a messenger, what is it trying to tell me at this moment?*



*In what ways has depression helped me survive and kept me safe?*



*Does depression usually come with other emotions?*



### How can I improve my relationship with depression?



# Journal Prompts for Depression

## Journal Prompt 35

*What am I feeling? When did I feel better/worse? When during the day did I experience this feeling?*

Date:

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# Journal Prompts for Depression

## Journal Prompt 36

*What's making me feel sad? Where do I feel it? How long have I been feeling this way? What am I usually doing when I feel like this? What triggers these feelings?*

Date:

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*What challenges am I facing and need to ask for help and support with?*



*What are the lessons from today that I want to remember tomorrow?*



# Journal Prompts for Depression

## Journal Prompt 39

*What are better alternatives I could try next time when confronted with similar situations?*

Date:

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*What could be a few healthier solutions when feeling depressed or down again?*



What are a few positive things going on in my life right now?



*What is my purpose in this world at this time?*

