



Journaling Prompts

Take time to journal, it can be a sacred space to vent your anger, fear, judgment, and panic, but it can also be the superpower of self-exploration. Reflect, open your heart wider with your partner and friends. Turn this current state of contraction into emotional expansion and healing.

What am I feeling?

Why am I feeling this way?

What's the feeling underneath this feeling?

When do I first recall experiencing this feeling?

How is this feeling different for me now? How is it the same?

How am I different now?

How would I feel if I could feel different now?