

Journal Prompts

One of the healthiest ways to deal with overwhelming emotions is keeping a journal. Writing in a notebook not only helps you get those emotions out of your head and on paper, but it also helps you identify things that triggered those emotions.

Your journal doesn't have to follow any particular format or be shared with anyone. It's your own personal place to hash things out. In fact, you don't even have to write long paragraphs—you can just “tweet” your thoughts and feelings.

If you'd like to try this strategy, here are some prompts to get you started:

<i>I feel...</i>	<i>I'm afraid that...</i>
<i>My family...</i>	<i>I'm struggling with...</i>
<i>My friends...</i>	<i>The most disappointed I've ever been...</i>
<i>I remember...</i>	<i>I was so surprised when...</i>
<i>I hope...</i>	<i>Nobody knows that I...</i>
<i>I love it when...</i>	<i>Three things I'd do if I wasn't so afraid...</i>
<i>I wish...</i>	<i>Three things I can't go without...</i>
<i>Some of the things that make me happy are...</i>	<i>My saddest memory is...</i>
<i>If I could have dinner with anyone, it would be...</i>	<i>If I could change one thing...</i>
<i>My biggest desire is...</i>	<i>I'm having a difficult time with...</i>
<i>My favorite family memory is...</i>	<i>My pet peeves are...</i>
<i>The best thing I've done...</i>	<i>I wish I could forgive ____ for...</i>
<i>I'm looking forward to...</i>	<i>I feel guilty about...</i>
<i>The most courageous thing I've ever done...</i>	<i>The biggest lie I've ever told...</i>
<i>My dream for the future is...</i>	<i>I'm mad that...</i>
<i>I'm grateful for...</i>	<i>My parents/friends don't...</i>