

# Journal Prompts for Emotional Release

## Self-Discovery & Journaling Worksheet

This worksheet is a gentle space to explore and release emotions through writing. Choose a prompt, breathe, and write freely. There are no rules here. Use these lines to reflect and heal.

### 1. What emotions have been asking for your attention lately?

---

---

---

---

---

---

---

### 2. When did you last allow yourself to feel deeply and without judgment? Describe that moment.

---

---

---

---

---

---

---

### 3. What is one heavy thing you are ready to set down, even if only for today?

---

---

---

---

---

---

---

### 4. What words do you need to say to yourself in this moment? Write them honestly.

---

---

---

---

---

---

---

### 5. If you could speak kindly to a younger version of yourself, what would you say?

---

---

---

---

---

---

---

---

6. What physical sensations come up when you let go of tension or sadness? Name them.

---

---

---

---

---

---

---

7. What would emotional peace look like in your daily life? Be specific.

---

---

---

---

---

---

---

8. How can you remind yourself that it is safe to feel when emotions arise?

---

---

---

---

---

---

---

*Remember: You do not need to write perfectly. You only need to write honestly.*