

Writing to Heal Worksheet

Journal Prompts Part 1:

What is your rut? In what area of your life are you finding it difficult to progress in no matter how hard you try?

Journal Prompts Part 2:

How does it make you feel? (Include how it feels in your body)

What are the behaviours and thoughts attached to it?

How has it served you and how isn't it serving you?

What's holding you back from making a change?



Journal Prompts Part 3:

Write a time when you experienced similar thoughts, feelings or behaviours in the past?

What did your caregivers teach you about dealing with this issue?

Journal Prompts Part 4:

Part one:

- Are your thoughts a true reflection of reality? What's true and what's false?
- How can you see this obstacle in a different way?

Part two:

- What would life look like if you overcame this obstacle?
- I am becoming...