



Journaling Prompts for Tuning Into Your Emotions

Many of us believe that feelings are either “good” or “bad.” When we are happy, we feel successful. When we feel sad or angry, we believe that we have failed because we haven’t maintained a positive attitude.

But the team at Advice Column has been learning about the power of experiencing the full range of our emotions. In this light our emotions are not good or bad; they are information. Our feelings can serve as flags pointing us to what may be under the surface.

Being able to sit with uncomfortable emotions, rather than looking for ways to escape from them, can help us avoid harmful long-term avoidance patterns. Our emotions can also connect us with our inner dialog. For example, noticing that we are angry can help us realize when we have compromised on one of our boundaries.

Advice Column Panelists Dr. Natacha Nelson and Jessica Zemple recommended journaling to help you learn to tune into your emotions—especially the difficult ones. We’ve curated a list of journaling prompts and affirmations. We hope this list helps you have some great, and deeply supportive, conversations with yourself.



Prompts

Right now I feel _____.

I have been feeling this way since _____.

This reminds me of another time I felt this way when _____.

This feeling reminds me of _____.

The intensity of this feeling is _____.

If I had a friend who felt this way, I would support them by _____.

A way I can practice self-compassion right now is _____.

The thing this feeling might want me to see is _____.

If my feeling was a child, it would be asking for _____.

Affirmations

I give myself permission to feel the way I feel.

My emotions are not good or bad; they are just information.

I am being courageous by examining how I feel right now.

The discomfort of my current feeling is temporary.

My heart is strong enough to hold all of my feelings.