

Anxiety Journal Prompts

Fifteen questions that give a racing mind somewhere to go. Each one takes about two minutes to answer, and none of them need a good sentence.



1 PICK THE SET THAT FITS THE MOMENT

2 SET A FIVE-MINUTE TIMER

3 WRITE MESSY, STOP ON TIME

Morning Check-In BEST FOR STARTING THE DAY BEFORE ANXIETY SETS THE AGENDA



1 What is my body telling me this morning, and where exactly do I feel it?

2 What is the one thing today that truly needs me, and what can honestly wait?

3 What would "good enough" look like by dinner tonight?

The Worry Dump BEST FOR A FULL HEAD WITH TOO MANY TABS OPEN



4 If my worry could talk for one page, what would it say? Let it ramble, no editing.

5 Looking at that page, which worries are mine to act on and which are just noise?

6 For the one worry I can act on, what is the smallest possible next step?

The Evidence Check BEST FOR ONE STICKY THOUGHT THAT KEEPS REPEATING



7 What exactly is the thought? Write it as one plain sentence, in quotes.

8 What evidence backs this thought up, and what evidence quietly argues against it?

9 What would I say to a friend who showed me this exact sentence in their journal?

The Evening Unload BEST FOR CLOSING THE TABS BEFORE SLEEP



10 What is still unfinished from today? List each item and its first move for tomorrow.

11 What ran through my head today that turned out not to matter at all?

12 What does tonight-me want tomorrow-me to remember? Write it down, then let it go.

Proof Collecting BEST FOR BUILDING A CASE FILE THAT YOU CAN COPE



13 What did I handle today that last-year me would have dodged or dreaded?

14 What is one small thing that helped today, and why did it actually help?

15 What is one thing I am glad exists right now, even if today was rough?