

# 50 JOURNAL PROMPTS FOR ANXIETY

What are the three biggest sources of your anxiety right now, and why do they feel overwhelming?

What triggers your anxiety, and how do you currently cope with those triggers?  
How does your anxiety affect your daily routine?

What physical sensations do you notice in your body when you feel anxious? What are the thoughts that typically run through your mind during an anxious moment?

How does your anxiety affect your relationships with others?

How do you sleep when you're feeling anxious, and what helps improve your sleep?

What role does perfectionism play in your anxiety, if any?

Write about a time when you overcame a difficult situation despite feeling anxious.

What are three things you've achieved recently, despite feeling anxious?

Write about a time when you surprised yourself with your strength or resilience.

How has anxiety shaped your life in both negative and positive ways?

What is something you've been avoiding because of anxiety? How might you take the first step?

What are three self-care practices you can try when anxiety feels overwhelming?

What does your anxiety teach you about what matters most to you?

What are some grounding techniques that have worked for you in the past? What small daily habit can you introduce to manage anxiety more effectively?

What does your breathing feel like when you're anxious? How might you change it?

How do you feel after completing a mindfulness or breathing exercise?

What are your favorite grounding objects or sensory tools, and how do they help?  
Describe a place where you feel most relaxed and safe.

What negative thought patterns do you notice when your anxiety is at its peak?

What do you fear might happen if you didn't feel anxious about certain situations?

What are your biggest fears, and what is one way to reframe them?

What would life look like if you weren't held back by anxiety?

What is one piece of advice you've received about anxiety that truly resonated with you?

Write a thank-you letter to your mind for working hard to protect you, even when anxiety takes over.

What does self-compassion mean to you, and how can you practice it more often?

What are five things in your life that you are grateful for right now?

What is one thing you can let go of today to ease some of your stress?

What's one positive mantra or affirmation you can repeat when feeling anxious?

Who or what in your life provides you with the most support, and how can you lean on them more?

How do you feel about asking for help with your anxiety?

How do you feel when others acknowledge your struggles with anxiety?

What are three things you wish people understood about your anxiety?

What does your "ideal day" look like, free from anxiety?

Write about a time when you felt calm and safe. What made it comforting?

Write a letter to your future self, offering encouragement and advice about managing anxiety.

What small step can you take today to face a fear you've been avoiding?

What would life look like if you weren't held back by anxiety?

How does technology (social media, news, etc.) impact your anxiety?

What boundaries can you set to protect your mental health from unnecessary stress?

What is one thing you can do to create a more calming environment at home?

Write about a time when you felt at peace. What contributed to that feeling?

How does your body react to relaxation? Describe the sensations.

What is one activity or hobby that helps you feel less anxious?

What does your inner critic say during anxious moments, and how can you respond kindly?

How do you want to feel emotionally, and what steps could help you get there?

What does your "ideal day" look like, free from anxiety?

Write about a time when you felt truly present in the moment and how it felt.

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