

99 Journal Prompts for Depression and Anxiety

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Journal prompts for depression and anxiety can guide you through your emotions and help you work through issues. The 99 prompts below include topics designed to boost your mood, improve your self-esteem, and find solutions to things that are bothering you.

1. What are five things you can do this week to improve your mental health?
2. List your 15 best qualities.
3. List 10 things you are grateful for.
4. Do you believe in miracles? Why or why not?
5. What do you think about the following statement: "depression is anger turned inward."
6. List 5 things that trigger your anxiety. Why do you think they do that?
7. Write your best friend a thank you letter. How have they earned the title of "best friend"?
8. Describe your greatest achievement and why it means so much to you.
9. Regardless of how terrible my day is, these ten things can always make me feel better:
10. List 5 things that scare you and why.
11. List 5 negative things you think about yourself and why they are not true.
12. Write an open letter to your anxiety. What would you say to it?
13. If you had to give your depression a human name, what name would you give it and why?

14. Describe your relationship with money? Do you think it helps or hurts your anxiety?
15. List 5 things about your living space that you can change to promote your mental health.
16. What would you like most people to know about you and why?
17. What was your most embarrassing moment, and why?
18. If you could change something about yourself, what would it be and why?
19. Write about your happiest childhood memory.
20. Where do you feel the most safe? Why?
21. Explain to your 12-year-old self how talking about your depression helps.
22. What would your life be like if you didn't have (depression, anxiety, etc)?
23. What is a quality that you admire most about others? In what way do you see this quality in yourself?
24. Name 5 things you can do for self-care that you are not already doing
25. What is your worst habit? How would your life improve if you changed it?
26. What are your 5 best talents?
27. What is unique about you? Do you keep it hidden or let others see it? Why?
28. What is your favorite song lyric? Why?
29. If you could achieve anything in your life, what would it be?
30. Describe your ideal friend.
31. Talk about physical pain and what effect, if any, it has on your mood.
32. What negative messages did you receive growing up that still affect you to this day?
33. What is your relationship with food? Is it healthy or harmful?

34. When you look in the mirror, what is the most beautiful thing you see and why?
35. Talk about the benefits of journaling and why you would benefit from adding it to your daily routine.
36. What are 3 benefits of stretching?
37. Make a list of 10 quotes that inspire you.
38. Write a letter to your favorite teacher and describe how they affected your life
39. Write a letter to someone you dislike and forgive them
40. List 5 ways therapy would be beneficial to you.
41. List 5 things that give you anxiety and explain why they bother you.
42. Write a letter to your parents and tell them 5 things they don't know about you (but don't send it).
43. What does your best day look like? How could you have more of these?
44. What is something difficult that you were able to overcome?
45. Write a letter to your 10-year-old self. How would you encourage them?
46. Make a schedule for your perfect day. Assume you have 500 dollars to spend.
47. How would you describe yourself to a stranger?
48. What does spirituality mean to you, and what does it look like in your life?
49. If you could volunteer anywhere, where would you volunteer and why?
50. List 5 benefits of helping others.
51. Give three examples from your own life when you went out of your way to help others.
52. Give three examples from your own life when someone went out of their way to help you.
53. Who was your favorite teacher? Why?

54. Who was your favorite boss? Why?
55. Write a letter to your future self.
56. Make 2 columns. In the 1st column, write down 5 things you fear and in the 2nd column, explain why those fears are valid.
57. Talk about a time you mistook a feeling for a fact. How did it affect you?
58. If you knew you would not fail, list 5 things you would do?
59. If your depression was an animal, what animal would it be and why?
60. What are your thoughts about the following statement: "anxiety stems from our desire to control things that we cannot."
61. If your anxiety was a fictional character, what character would it be and why?
62. If you could have the same dream every night, what would you dream about and why?
63. Who is your favorite fictional character and why?
64. What advice would you give to your child about how to manage their anxiety?
65. How would your life be better if you did not suffer from depression or anxiety?
66. List 5 ways anxiety is actually beneficial to people.
67. List 15 things you value about yourself, other people, or work/school.
68. List 5 reasons why it's important to protect your emotional well-being.
69. Write a letter to your doctor in which you describe your symptoms and ask for his/her assistance.
70. Write a letter to your therapist in which you describe 5 things about yourself that you want them to know.
71. Do you prefer dogs or cats? Why?
72. List 10 ways pets make your life more whole.

73. If you could study any subject in college, what would it be and why?
74. If you could develop one new skill overnight, what would it be and why?
75. Write a letter to a childhood bully and forgive them for what they did to you (but don't send it).
76. Write a letter to your teenage self telling him/her 10 things you wish he/she knew.
77. Develop a bucket list of 5 things you'd like to accomplish over the next year.
78. What is the biggest life lesson you've learned to date? How did you learn it and how has it affected your life?
79. Which emotion is most difficult for you to experience. Why?
80. Discuss 5 things you did well this week.
81. What do you wish your friends would say to you when you're feeling down?
82. What would it feel like to forgive yourself?
83. What is your favorite hobby and why?
84. List 5 ways exercise could help you with your depression/anxiety
85. Describe your bedtime routine. Is it helpful or harmful for your sleep?
86. What was your greatest failure and what did you learn from it?
87. Write about a difficult time in your life that you have overcome.
88. Describe how you want your life to look in 5 years.
89. What are the three things that most scare you and why?
90. What was the most beautiful compliment you ever received?
91. What 15 things make you smile?
92. Write about one thing that you look forward to every day.

93. What are your 5 favorite things to do when it's raining?
94. What hobbies or interests did you have as a child that you still have now?
95. What advice would you give to your best friend about how to manage depression?
96. What's the first thing you think about every morning upon awakening, and what's the last thing that crosses your mind before you fall asleep?
97. Write a letter to the person who causes you the most anxiety. Tell them why they cause you anxiety, but don't send it to them.
98. What does your dream life look like?
99. Imagine a miracle happened and you woke up one day with a new life, what would be different? What would stay the same? What are you unsure about?

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