



- **Journal Prompts for Teens and Young Adults**

From: *50 Therapeutic Journal Prompts for Teens and Adults*. Creative Resilience Counseling.  
<http://www.creativeresiliencecounseling.com/50-therapeutic-journal-prompts-teens-and-adults/>. 29 Mar 2019.

- What is the best compliment you have ever received?
- In your opinion, what is the best song ever written?
- If you could know one thing about the future, what would it be?
- What is something you feel nervous about right now?
- What is your happiest memory?
- What is something that you did that you are proud of?
- I get mad when...
- What calms you down when you get mad or upset?
- What is something that went right today/this week?
- If you could travel anywhere in the world, where would you go and why?
- Name two ways you can show self-control at school, at work, or at home.
- What would be the title of your autobiography?
- If you had to pick one song to play continuously, non-stop, in the background of your life, what would it be?
- What is one item you can't live without?
- If you could add, change, or cancel one rule in your school/work, what would it be?
- If you could add, change, or cancel one rule at home, what would it be?

# THOUGHT CATALOG

- Who do you trust the most and why?
- Where do you feel the most safe and why?
- What is one word you would use to describe your family and why?
- How do you think others view you? Why?
- If you could travel back in time to three years ago and visit your younger self, what advice would you give yourself?
- What do you like the most about yourself?
- Tell about a time when you felt sad. What helped you get through it?
- What is the first symptom you notice when you feel mad? Stressed?
- Who is someone you consider a real-life hero and why?
- Who do you wish you had a better relationship with, and what would make it better?
- List 10 things that make you smile.
- When things seem tough, I want to remember \_\_\_\_.
- What is something that you have overcome?
- What do you think your life would look like if you didn't have anxiety or depression (or something else)?



- 
- Write the words that you need to hear.
  - What does your best day look like?
  - What would you like to be remembered for?
  - Build a list of 15 songs that can help change your mood.
  - Write about three of your best talents.
- 
- List three things that you would do if you weren't afraid.
  - What are five things that help you feel better when things are difficult?
  - Write about 10 things you are grateful for.
  - What is your favorite memory?
  - Choose one thing that triggers your anxiety or depression and write about a few ways that you can combat this trigger.
  - What makes you happy?
  - How do you define yourself?
  - What is one fun fact about yourself?
  - What is going right in my life?
  - What's bothering me? Why?
  - One goal I want to set for myself this month...
  - What does success look like to you?
  - What makes you feel truly alive?
  - What do you want your life to look like in five years? 10 years?
  - What am I afraid of? Why?