TO GET STARTED

to get the most out of these journal prompts, it is extremely important for you to remove all judgement and self criticism.

these journal prompts are what i felt impacted and helped me profusely from my personal journal.
i chose prompts and exercises to help you heal your buried wounds, so you need to answer as open and honest by digging deep within yourself.

these prompts are aimed to let you process and release your deepest emotions, so please be aware that some questions may be a sensitive or difficult topic for you to express - if so i highly recommend doing these prompts with a trained professional.

please note that these journal prompts are general informational only. i have simply picked out and shared what helped me heal and feel best from my personal experiences to hopefully make an impact on your journey.

i am not a professional, and the content and information on mao's website is not meant to serve as medical advice. for personalised advice and treatment, please seek help from a trained professional or your primary physician as my journal or website does not replace formal therapy.

please continue at your own discretion, thankyou.

experience/s that caused me the most pain

date: / /

moments that i have experienced grief

date: / /

past memories or thoughts that resurface often

date: / /

how my trauma has changed me

date: / /

my life before / who i was	my life now / who i am

where do i feel the safest & what does it mean to me

date: / /

something i wan't to let out but i keep within ...

date: / /

core or vivid memories from my childhood

date: / /

aspects in my life & myself i hope to change

date: / /

my life & who i am now	who i want to become

date: / /

list of things i am grateful for

the small things in life that bring me joy

what is holding me back from moving forward

date: / /

let it out.. it's time to release

a letter to my past self

what would i say to myself in the time of the experience/s and shortly after

date: / /

dear