

50+ Practical Therapy Journal Prompts For Gen Z



1 Before Your Therapy Session

- What has been taking up the most space in my mind since my last session?
- What happened this week that I keep replaying, even if it seems small?
- What emotion have I noticed most often lately, and when does it usually show up?
- Is there something I want to tell my therapist but keep finding reasons not to mention?
- If I could leave today's session understanding one thing better, what would it be?



2 Between Sessions: Tracking Patterns

- What happened right before my mood or energy changed today?
- What thought kept returning today, and what was happening when it appeared?
- Did I avoid anything today because I expected it to go badly? What happened afterward?
- What interaction made me feel unusually calm, irritated, rejected, pressured, or understood?
- What did I do differently today, even if the change was tiny?



3 Post-Therapy Journal Prompts

- What part of today's session has stayed with me the longest?
- What did I feel during the session that I didn't fully understand at the time?
- Was there anything my therapist said that I resisted, disagreed with, or immediately wanted to dismiss?
- What did I understand differently about myself after today's conversation?
- What do I want to remember or bring back up at my next session?



4 Emotional Awareness

- What emotion am I feeling right now, and where do I notice it in my body?
- What happened immediately before this feeling appeared?
- If this feeling could tell me what it needs, what might it ask for?
- Am I feeling one emotion, or several emotions at the same time?
- What am I tempted to do because of this feeling, and what might happen if I waited before acting?



5 Anxiety & Overthinking

- What do I know for certain about this situation, and what am I assuming?
- What am I predicting will happen, and what evidence do I actually have?
- What part of this situation is within my control today?
- What am I trying to get certainty about that may not have a guaranteed answer?
- If someone I cared about had this exact thought, what would I say to them?



6 Depression & Low Mood

- What is one thing I managed to do today that took more effort than it looked like?
- What made today slightly harder, and what made it slightly easier?
- What did I need today that I didn't give myself?
- When did I feel even briefly more present, interested, connected, or comfortable?
- What would I like to tell my therapist about how my energy or motivation has changed since our last session?



7 Self-Esteem & Self-Compassion

- What am I saying to myself about a mistake that I would never say to someone I care about?
- What achievement, effort, or quality am I dismissing because it doesn't feel impressive enough?
- Whose standards am I using to decide whether I am doing "well enough"?
- What would change if my worth did not depend on being productive, useful, attractive, or easy to be around?
- What part of myself am I trying hardest to hide from other people, and what am I afraid would happen if they saw it?



8 Relationships, Boundaries, People-Pleasing

- What do I agree to when I actually want to say no?
- What am I afraid would happen if I set a boundary with this person?
- In which relationships do I feel most like myself, and where do I feel like I am performing a version of myself?
- Am I taking responsibility for someone else's feelings when they are actually responsible for expressing and managing them?
- What do I need from this relationship that I haven't clearly asked for?



9 Identity, Values, Life Direction

- What parts of my current life feel chosen, and what parts feel inherited?
- What do I say I value, and does my current behavior reflect it?
- What version of myself am I trying to become, and who taught me that this is what I should want?
- What am I outgrowing but reluctant to admit?
- If nobody could judge my decision, what would I choose differently?



10 CBT-Informed Prompts

- What happened, exactly, without adding my interpretation of what it meant?
- What automatic thought did I have when this happened?
- What evidence supports that thought, and what evidence doesn't support it?
- What is another explanation that is realistic, even if I don't fully believe it yet?
- How did my thought affect what I felt and what I did next?



11 Mindfulness & Acceptance-Based Prompts

- What am I noticing right now without trying to change it?
- What thought is asking for my attention, and can I let it be there without acting on it immediately?
- What matters to me in this situation, even though I feel uncomfortable?



12 When Therapy Feels Stuck: Resistance

- What topic do I keep steering away from in therapy, and what makes it difficult to approach?
- What am I expecting therapy to fix for me that I haven't said out loud?
- What part of therapy currently frustrates me, and have I told my therapist?
- If I stopped trying to give the "right" answer in therapy, what might I say instead?

Journaling won't replace therapy, but it can help you show up more honestly, notice patterns, and get more out of the work you're doing.

You are allowed to be a work in progress. ❤️