

DEEP JOURNAL PROMPTS FOR LOVE

- ♡ What part of myself am I most afraid other people will reject? ♡
- ☀ What do I believe I have to accomplish before I deserve to feel proud of myself?
- ♥ Where have I confused being needed with being loved? 🌿
- ☀ What am I still trying to prove, and to whom?
- ♡ Which version of myself am I exhausted from trying to maintain? ♡
- ☀ What would I have to admit if I stopped pretending that something doesn't bother me? ♡
- ♥ Which fear has influenced more of my decisions than I would like to admit? 🌿
- ☀ What do I believe would happen if I stopped criticizing myself?
- ♡ What part of my identity is built around an old version of me that no longer exists? ♡
- ☀ Where am I abandoning my own values to avoid disappointing someone else? ♡
- ♥ What would self-respect require me to acknowledge right now? 🌿
- ♡ If I believed I was already worthy, what choice would I make differently? ♡

