

Journal Prompts for Depression and Low Mood

1. What does "getting through today" realistically look like for me?
2. What feels hardest right now?
3. What is one thing I managed to do despite feeling this way?
4. What would I say to myself if I stopped treating my low mood as a personal failure?
5. What basic need might I be neglecting right now?
6. Who is one person I feel safest being honest with?
7. What has brought me even a brief moment of comfort recently?
8. What expectation can I temporarily release while I'm having a difficult day?
9. What would make the next hour slightly easier?
10. What is one reason I deserve patience from myself today?
11. What would I want someone I trust to know about how I've been feeling?
12. What small sign of change, however subtle, have I noticed recently?

