

DIFFICULT DAYS

Five minute Journal

What feels hardest right now?

What do I need in the next hour, rather than for the rest of my life?

What is one thing I can make easier for myself today?

What am I asking myself to handle that may not need to be solved right now?

Who or what helps me feel a little less alone?

What can I give myself permission to postpone?

What is one neutral fact about today that I can accept without judging it?

What would kindness toward myself look like for the next five minutes?

What do I want to remember if this feeling passes?

Would writing more help me right now, or would stepping away from the journal help more?

