

# 50 Journal Prompts for Setting Boundaries & Healing Codependency

## People Pleasing Journal Prompts for Self-Discovery

Breaking the cycle of chronic "yes" starts with understanding your internal motivations. Use these people pleasing journal prompts to uncover your needs.

1. What is one thing I said "yes" to today that I actually wanted to say "no" to?
2. What do I fear will happen if I disappoint someone I love?
3. How does my body feel when I'm about to set a boundary (e.g., tight chest, shaky hands)?
4. In what area of my life do I feel most "taken for granted"?
5. What is one small boundary I can set this week to protect my time?
6. Whose opinion of me do I value more than my own, and why?
7. How do I define "being a good person"? Does it always involve self-sacrifice?
8. When was the last time I felt truly heard and respected in a conversation?
9. What is a specific phrase I can use to say "no" politely but firmly?
10. How would my life change if I stopped seeking external validation for 24 hours?
11. What is one personal need I have been neglecting to keep the peace?
12. Write about a time you stood up for yourself—how did it feel afterward?

## Codependency Journal Prompts for Emotional Freedom

Codependency journal prompts help you untangle your emotional state from the actions and moods of others.

13. Whose mood am I currently taking responsibility for?
14. How much of my self-worth is tied to "fixing" or helping other people?
15. What does "emotional independence" look like to me?
16. If I stopped trying to control the outcome of [Situation], what would I do with that energy?
17. What is one thing I can do for *myself* today that has nothing to do with anyone else?
18. How do I feel when someone I love is upset? Can I stay calm while they are hurting?
19. What are three things I love about myself that have nothing to do with being "helpful"?
20. In what ways am I enabling someone else's unhealthy behavior?
21. What would my life look like if I focused 100% on my own growth for one month?
22. How do I react when someone says "no" to me?
23. What is one "burden" I am carrying that actually belongs to someone else?
24. How can I practice self-soothing when I feel the urge to "check in" on someone else?
25. What does it mean to be a "partner" rather than a "parent" in my relationship?

# Boundaries Journal Prompts for Relationships & Family

Setting limits with those closest to us is often the hardest task. Use these journal prompts about boundaries to navigate these dynamics.

26. Which relationship in my life feels the most draining right now?
27. What is one boundary I need to set with my family regarding my personal time?
28. How do I communicate my needs? Do I wait until I'm angry or address them early?
29. What is a physical boundary (e.g., personal space, touch) that I need to clarify?
30. How do I handle it when someone pushes back against a boundary I've set?
31. What is one way I can protect my emotional energy during family gatherings?
32. Are there topics of conversation that I am no longer willing to engage in?
33. How do I feel about my current work-life balance? Where are the leaks?
34. What does a "healthy" relationship look like to me?
35. How can I ask for what I need without apologizing for it?
36. What is a "non-negotiable" for me in any friendship or partnership?
37. How do I distinguish between "helping" and "overextending"?
38. What is one thing I am currently doing for someone else that they could do for themselves?

# Journal Prompts for Narcissistic Abuse & Letting Go

Healing from high-conflict dynamics requires specific focus. Use these toxic relationship journal prompts and journal prompts for narcissistic abuse to find clarity.

39. What are the "gaslighting" phrases I have heard, and what is the objective truth?
40. How has my sense of self been diminished in this relationship?
41. What are the signs that a relationship is truly toxic versus just having a "rough patch"?
42. Journal prompts for letting go of someone: What am I *actually* letting go of (e.g., the reality or the potential)?
43. How can I rebuild my trust in my own intuition after narcissistic abuse?
44. What are three things I am looking forward to in a life free from manipulation?
45. How do I respond to "hoovering" or attempts to pull me back into a toxic cycle?
46. What does "no contact" or "low contact" mean for my mental health?
47. What is one way I can be my own "protector" starting today?
48. Write a letter to the person you are letting go of—say everything, but don't send it.
49. What is the most courageous thing I have done for myself this year?
50. What is my one-word focus for my emotional recovery this year?