

60 Depression Journal Prompts for Healing & Emotional Processing

15 Morning Depression Journal Prompts to Start Your Day

When waking up feels difficult, these depression journal prompts help anchor your mind in the present moment and set a manageable intention.

1. What is one small, physical sensation you can feel right now (the warmth of tea, a soft blanket)?
2. What is one thing, no matter how tiny, you are looking forward to today?
3. How can you be 10% more gentle with yourself in the next hour?
4. What is one task you can commit to finishing today that doesn't feel overwhelming?
5. Write down one thing your body did for you today (like breathing or waking up).
6. What does your "inner weather" look like this morning? (e.g., foggy, stormy, gray).
7. If your depression was a visitor, what would it be trying to tell you today?
8. What is one "win" you had yesterday, even if it was just staying hydrated?
9. What is a song or sound that feels soothing to your spirit right now?
10. How would you describe the light in the room at this very moment?
11. What is one boundary you can set today to protect your limited energy?
12. If you could speak to your "future self" who is feeling better, what would they say to you?
13. What is one thing you are grateful for that requires zero effort from you?
14. What does "hope" look like in this exact second?
15. Write down a mantra for today, such as: "I am allowed to rest while I heal."

15 Emotion Journal Prompts for Processing Sadness

Deep emotional work requires a safe outlet. Use these emotion journal prompts and journal prompts for sadness to release what you've been carrying.

16. Where in your body do you feel your sadness the most? (e.g., chest, throat, stomach).
17. If your sadness had a color and a shape, what would it be?
18. What is a memory that feels particularly heavy today? Write it out to let it go.
19. What are three things you wish people understood about your current emotional state?
20. What is one thing you have "lost" recently (a person, a feeling, a version of yourself)?
21. How do you typically react when you feel a wave of sadness coming on?
22. What is a "hidden" benefit of your current low energy (e.g., forced rest)?

23. What does "crying" feel like to you—is it a release or a burden?
24. If you could scream into a void right now, what would you be screaming about?
25. What is one thing you need to forgive yourself for today?
26. How has your sadness taught you to be more empathetic toward others?
27. What is a "safe" place in your mind you can retreat to when things feel too loud?
28. What are the words you most need to hear from a loved one right now?
29. How does it feel to acknowledge that your pain is valid and real?
30. What is one way you can "mother" your hurting heart today?

15 Shadow Work Journal Prompts for Depression & Self-Worth

Depression often involves a harsh inner critic. Use these journal prompts for depression to explore your shadow self and rebuild self-esteem.

31. What is the meanest thing your depression tells you about yourself? Is it actually true?
32. What part of your identity feels "missing" right now?
33. How much of your current pain is tied to trying to meet other people's expectations?
34. What is a "shadow" trait (like anger or envy) that you've been suppressing?
35. How do you feel about the idea of "asking for help"? What stops you?
36. What is a childhood memory that still triggers a sense of worthlessness?
37. If you weren't afraid of being "too much" or "not enough," what would you do?
38. What is one thing you "strive" for that actually drains your soul?
39. How do you define "success," and how can you redefine it to include healing?
40. What would happen if you stopped fighting your depression and sat with it instead?
41. What is one thing you love about yourself that is independent of your "productivity"?
42. How do you feel about your own vulnerability? Do you see it as a weakness or strength?
43. What is the "mask" you wear for the world, and what is it hiding?
44. How can you reclaim one small piece of your power today?
45. What is a "dark" thought you've had that you need to bring into the light?

15 Evening Journaling Prompts for Depression & Reflection

Ending the day with intentionality can help improve sleep quality and lower evening rumination. Use these journaling prompts for depression to close your day.

46. What was the most peaceful moment of your day?
47. What is one thing you did today to care for your physical self?
48. List three things that didn't go wrong today.
49. What is one thing you can "leave behind" in today's entry so you don't carry it to sleep?
50. How did you show resilience today, even if nobody else saw it?

51. What is one thing you learned about your emotional triggers today?
52. Describe a moment today when you felt even a second of "lightness."
53. Who is one person you are grateful to have in your life, and why?
54. What is one thing you want to tell your body before you sleep?
55. How did you advocate for yourself today?
56. What is a comfort you are looking forward to tonight (fresh sheets, a book, silence)?
57. What is one "heavy" thought you can give to the paper to hold for you?
58. If today was a chapter in your book, what would the title be?
59. What is one reason you are proud of yourself for making it through today?
60. What is your one-word intention for a restful night's sleep?

