

# Journal Questions

1. What specific negative thoughts or emotions am I experiencing right now?
2. What triggered these negative thoughts or emotions?
3. How do these negative thoughts or emotions impact my daily life and overall well-being?
4. Are there any recurring negative thought patterns or beliefs that I need to address?
5. What evidence exists that challenges these negative thoughts or beliefs?
6. How would I like to feel instead of dwelling on these negative thoughts?
7. What positive thoughts or statements can I focus on to replace these negative thoughts?
8. What are some practical steps or actions I can take to shift my mindset away from these negative thoughts?
9. How can I practice self-compassion and forgiveness toward myself for having these negative thoughts?
10. What lessons or insights can I gain from reflecting on and releasing these negative thoughts?