

Journal Prompts For Releasing Negative Thoughts

What negative emotions am I currently ignoring?

Why are these negative emotions coming up?

Is there any truth to these stories coming up?

Are these negative thoughts serving me in any way?

What happens if I let these negative thoughts go?

Who am I without my negative thoughts?

What can I make room for if I let these negative thoughts go?

What do negative emotions mean to me?

What's one negative belief I can let go of right now that will improve my health and wellbeing?

What would happen if I said no to negativity?

What if I stopped fighting negative thoughts and allowed myself to keep thinking negative thoughts without allowing them to define me?

How do I expect to step into a mindset of holding less negativity?

In what ways can I shift my perspective?

What challenges am I currently facing?

How do I expect to meet those challenges with gratitude?

What five things can I do to make my life feel better?

How will I integrate those five things into my day?

Describe how much fuller my life would be if I learned to release negativity.

Write about the negative situation that has triggered me.

Try to think of an earlier time in my life that I have felt this way, as early a memory as I can-now write about it.