

Journaling Prompts

Get it out of your head and onto paper

STILL DAD

You don't need to write well. You just need to write honestly. Pick one prompt, set a timer for 10 minutes, and don't stop writing until it goes off.

PROCESSING ANGER

1 *What am I most angry about right now, and is any of it within my control?*

2 *What does this anger actually want from me: what is it protecting?*

3 *If I could say anything without consequences, what would I say and to whom?*

4 *What would I tell a good friend who was feeling exactly what I'm feeling right now?*

5 *Where in my body am I holding this anger, and what would it take to release it?*

UNDERSTANDING WHAT HAPPENED

1 *What do I actually know for certain, versus what am I assuming or filling in?*

2 *What was my role in how things got to this point?*

3 *What would the most honest version of this story sound like: without me as the hero?*

4 *What am I still hoping for that I should probably stop hoping for?*

5 *If I'm honest, what am I grieving that I haven't let myself acknowledge yet?*

YOUR KIDS AND YOUR ROLE

1 *What kind of father do I want my kids to describe when they're 30?*

2 *What have I done this week that I'm genuinely proud of as a dad?*

3 *What am I afraid I'm passing on to my kids that I don't want to?*

4 *When did I last really listen to my kids: not just hear them, but listen?*

5 *What do I want them to know about me that I've never said out loud?*

WHO YOU'RE BECOMING

1 *What is this experience forcing me to get better at?*

2 *What old version of myself am I finally letting go of?*

3 *What one thing do I want to be different about myself a year from now?*

4 *What would I do more of if I stopped waiting to feel ready?*

5 *What needs do I have that I've been ignoring because everything else felt more urgent?*

Writing does something that thinking can't. It externalizes what's inside you. You don't have to show it to anyone. You just have to be honest.