

Journal prompts

THOUGHTS FROM MY MENTAL HEALTH EPISODE

Try to keep a judgement-free mindset as you let the pen flow.

physical sensations I experienced	reoccurring images during the episode	would like to try next episode	sounds that aggravated the episode	helped me end the episode
happened immediately before the episode	when I knew the episode was over	improved the experience of the episode	items in my sunshine box that helped	how this episode has made me stronger
harmful thoughts during the episode	input I could reduce to ease the next episode	FREE	memories that came up	sounds that helped the episode
items in my sunshine box that need improvement	the "why" that helped me through the episode	helpful thoughts during the episode	when I knew the episode was coming	happened the day of the episode
aggravated the episode	happened the day before the episode	why I'm glad I had the episode	physical health before the episode	what the episode taught me