

A GUIDED WRITING RESOURCE

10 HEALING PROMPTS TO
START WRITING TODAY

FOR THE DAYS WHEN YOU
DON'T KNOW WHERE TO
BEGIN.

*See the
Good*

YOU DON'T NEED TO BE A
WRITER TO BEGIN.
YOU DON'T NEED THE RIGHT
WORDS.

YOU DON'T NEED CLARITY.
YOU DON'T EVEN NEED TO
UNDERSTAND WHAT YOU'RE
FEELING.

YOU ONLY NEED A SMALL
MOMENT OF HONESTY.
THESE PROMPTS ARE NOT HERE
TO FIX YOU.

THEY ARE HERE TO SIT
BESIDE YOU.

TAKE YOUR TIME.
WRITE SLOWLY.
OR SIMPLY READ AND
NOTICE WHAT MOVES
INSIDE YOU.

*Your Words
Matter*

HOW TO USE THE GUIDE

- CHOOSE ONE PROMPT.
- SET A TIMER FOR 5-10 MINUTES.
- DON'T EDIT WHILE WRITING.
- STOP WHEN IT FEELS ENOUGH.

YOU CAN RETURN ANYTIME.

*Your Words
Matter*

THE 10 HEALING PROMPTS

1.

WHEN I FIRST STARTED
WRITING TO HEAL, I WAS
REALLY TRYING TO...

(WHAT WAS I HOPING WOULD
CHANGE? WHAT DID I NEED THAT
I COULDN'T SAY OUT LOUD?)

*Your Words
Matter*

2.

THERE IS SOMETHING I HAVE
NEVER FULLY SAID ABOUT...

(WRITE IT WITHOUT
WORRYING ABOUT HOW IT
SOUNDS.)

*Your Words
Matter*

3.

IF MY SILENCE COULD SPEAK,
IT WOULD SAY...

(WHAT HAS BEEN SITTING
QUIETLY INSIDE YOU?)

*Your Words
Matter*

4.

THE VERSION OF ME WHO
BEGAN THIS JOURNEY FELT...

(WHAT WAS SHE CARRYING?
WHAT WAS SHE AFRAID OF?)

*Your Words
Matter*

5.

ONE MEMORY THAT STILL
LIVES IN MY BODY IS...

(DESCRIBE IT GENTLY. NO NEED
TO EXPLAIN IT.)

*Your Words
Matter*

6.

WHAT I NEEDED BACK THEN –
BUT DIDN'T RECEIVE – WAS...

(WRITE IT AS CLEARLY AS YOU
CAN.)

*Your Words
Matter*

7.

IF I COULD SIT BESIDE MY
YOUNGER SELF FOR FIVE
MINUTES, I WOULD TELL HER...

(NO FIXING. JUST PRESENCE.)

*Your Words
Matter*

8.

THERE IS A PART OF ME THAT
STILL BELIEVES...

(IS IT PROTECTING YOU? IS IT
LIMITING YOU?)

*Your words
matter*

9.

HEALING, FOR ME, DOES NOT
MEAN...

(WHAT ARE YOU REDEFINING?)

*Your Words
Matter*

10.

TODAY, WRITING FEELS LIKE...

(WHAT DOES IT GIVE YOU
NOW?)

*Your Words
Matter*

WRITING DID NOT
SAVE ME.
BUT IT HELPED ME
SEE.

AND SOMETIMES,
SEEING IS THE
BEGINNING.

YOU CAN RETURN TO
THESE PAGES
WHENEVER YOU NEED.
THERE IS NO DEADLINE
HERE.

*Your Words
Matter*