

14 Journal Prompts

Day 1 · The moment before

Write the last time you nearly sent a text you'd regret. What did the twenty minutes before it feel like in your body?

Day 2 · Story vs. evidence

What story did your mind tell about their silence? Now list only what you actually know.

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Day 3 · The need underneath

Under the urge to check, what were you asking for? Write it as one sayable sentence.

Day 4 · Old proof

When did you first learn that silence means danger? Write to that younger version of you.

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Day 5 · The pause that worked

Name a time you waited and it passed. What did you do with your hands?

Day 6 · Repair, not rescue

What would you want to say once you're calm — not to be reassured, but to be understood?

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Day 7 · Small evidence

Three pieces of evidence this week that you are steadier than you were.

Day 8 · The 11 p.m. hour

What happens to you late at night? Write your own wind-down instruction.

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Day 9 · What you're not saying

The thing you're afraid would make you 'too much' if you said it plainly.

Day 10 · Body first

Where does the urge start — chest, throat, stomach? Describe it without judging it.

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Day 11 · Their side

Write the same argument from your partner's point of view, generously.

Day 12 · Anchors

Five things that reliably bring you down half a notch. Keep this list somewhere close.

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Day 13 · Boundaries you keep

One limit you want to hold for yourself, not to punish anyone.

Day 14 · Two weeks on

What's different about how you handle waiting now? What still needs practice.
