

Journal Prompts

Six questions for when words keep missing each other.

Pick one. Sit with it. Don't perform the answer for anyone — just tell yourself the truth first.

1 What's one thing I need from them that I've never actually said out loud?

2 When did I last feel truly listened to — and what did they do differently?

3 What's a recent disagreement I'm still carrying? What did I actually need in that moment?

4 Where am I making them a mind-reader instead of just asking directly?

5 What's a pattern in our arguments I keep repeating — and what's my part in it?

6 If I said the true, vulnerable thing tonight instead of the safe thing, what would I say?
