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### ***Journaling Prompts - Ways towards self-acceptance***

Guided Journaling is a method for self-expression that helps us introspect, narrate, connect and even find release on an emotional level. Using prompts is particularly helpful for those among us who find the idea of writing as a mode of therapeutic awareness as overwhelming, difficult or even unmotivating.

Here we have listed some prompts you can use for daily or weekly guided journaling practice. Our recommendation is that you allow yourself to freely engage with each prompt without considering it a task you need to perfect.

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- I am willing to disengage from my habit of...
- I acknowledge that I hurt myself when...
- I acknowledge that I hurt others when...
- I no longer want to latch on to...
- I find peace when I encourage myself to...
- I want to challenge the belief that...
- I would like to be more consistent with...

