25 Writing Prompts For Depression and Anxiety

By POSITIVEBLAZE.COM
ABOUT THE AUTHOR

Subha Malik is a blogger, writer, and author, he loves to write about self-help topics and his aim is to inspire people and help them live better lives.

You can check out his other books here:

amazon.com/author/subhamalik

Visit His Blog: www.positiveblaze.com
Write down 5 of your greatest qualities
Make a list of things you are grateful for
Write down your biggest challenges you are facing right now
On a scale of 1 to 10, my happiness level is ______ because...
Write about some really tough times you managed to overcome.
Write down 10 things that make you smile
Write about your evening routine. Also, write about things you can adjust in your evening routine to feel happier.
Make a list of things you need to let go of
If you can travel anywhere in the world, where would you love to go? Why?
What is your patience level with others on a scale of 1-10?
Write about a time when you feel really embarrassed
Recall a time or situation when you helped someone. How did you feel?
The biggest lesson I learned so far is....
Write down three of your long-term goals
Draw something that makes you happy
Describe your drawing as well
10 things that you love about life
What keeps you moving when things seem tough?
What is something you managed to kick out of your life for good?
10 things you do to take care of your physical or emotional health
Tell me about your achievements this month
Imagine a life without anxiety or depression. How would you feel and what things you would be able to do then?
How is your day going? Is it a difficult day? If yes, what made it a difficult day and what can you do to stop such difficult days in the future?
Write about a problem you recently find a solution to. What did you do to overcome that problem?
Do you take a day off to relax and allow yourself to breathe? Why or why not?
Write a letter to your inner critic. Tell her about the things that she doesn't know about you.
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[Writing Prompts For Depression And Anxiety: A 100 Day Journal To Ease Depression And Anxiety](#)
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