

JOURNAL PROMPT SET

Anxiety & Worry

Prompts for the racing mind

"Do not be anxious about anything, but in every situation... present your requests to God." -- Philippians 4:6

Anxiety tells a partial story. These prompts invite you to slow down, examine the thought underneath the fear, and bring it honestly to God.

1 What is the specific worry on your mind right now?

Write it out completely -- don't summarize. Let it take up space on the page.

2 What is the worst realistic outcome you fear?

Then ask: how would I cope if it happened? What resources, people, or faith would I have?

3 What would you tell a close friend who had this same fear?

Say it to them in writing -- then read it back as if it were addressed to you.

4 What is true about this situation that anxiety isn't letting you see?

What is the larger, calmer story that includes this fear but isn't controlled by it?

5

Where do you feel this anxiety in your body?*Describe the physical sensation without judgment. What does that part of you need right now?*

6

What would it mean to trust God with this specific thing?*Not in general -- this particular fear, today. What would that surrender actually look like?*
