

DIVING DEEP WITHIN: SELF-INQUIRY JOURNAL PROMPTS



SAFETY

- Explore what safety feels like in your body. What physical sensations arise when you feel safe or think of a moment you've felt safe?
- What does it feel like in your body to feel unsafe? What sensations arise when you think of a moment when you felt unsafe?
- What is a recurring fear for you? Think about how it shows up in different parts of your life (relationships, work, career goals, etc.)
- Think back to the first memory you have of feeling safe. What was it like? Who was there? What about it made the situation safe?
- Think back to the first time you felt unsafe. What about that situation felt unsafe? Who was involved?
- Who in your life evokes safety? Why?
- Who in your life evokes a lack of safety? Why?
- Is there an event or pattern in your life that has hindered your ability to feel safe?
- Set a timer for 3-5 minutes and do some free association writing. Starting with the phrase: I feel safe when _____
- Do the same free association writing exercise, this time start with the phrase: I feel unsafe when _____