

Journal Prompts for Growth



ERICA CARPENTER,
PHD, LMFT

Disclaimer

As you work through the material in this resource, if you feel like you may need some support in working through these topics, consider reaching out to see if therapy may be a helpful option for you in that process.

This material is for educational and informational purposes only and does not serve as a substitute for therapy/counseling/mental health treatment with a licensed therapist.



Introduction

Whether you are embarking on your journey of growth for the first time or are just wanting some additional tools along the journey you are already on, the questions in this resource are designed to help you get to know yourself better. You can use the questions on the following pages as journal prompts, questions to reflect on individually or with others, or as conversation starters. There is no right or wrong way to use them - they are meant to be adapted to however is most useful for you and your own personal growth journey.



Authentic Self

-What does your authentic self look like? What words would you use to describe this self?

-What would you like to ask your authentic self? What would you like to tell this self?

-Are you more able to show this authentic self to certain people or in certain situations?

-During which activities do you feel most yourself?

-How would you engage in relationships (with friends, family, partner/spouse, coworkers, etc.) differently if you could be your authentic self more often?



-What may be holding you back from being your authentic self?

-What's your greatest fear about showing more of your authentic self?

-What most excites you at the thought of showing more of your authentic self?



Values

-What are your top five values in life?

-Was it easy or difficult to choose your five values? Why or why not?

-Do the people in your life reflect the values most important to you?

-What are the values of your authentic self, and are you living your life currently in a way that fits those values?



Relationships

-What helps you feel emotionally safe in a relationship?

-What boundaries do you want to have in place, both for yourself individually and for current and future relationships?

-What do you need to feel supported in your relationships (with your friends, family, partner/spouse, coworkers, etc.)?

-How well do the relationships in your life fit with the values that are most important to you?



About Erica

Dr. Erica Carpenter is a Licensed Marriage and Family Therapist, specifically trained in working with couple and family relationships. Erica received her Ph.D. in Family Therapy from Texas Woman's University in 2017. She is also an AAMFT Approved Supervisor and Clinical Fellow member of the American Association for Marriage and Family Therapy.



See Erica's website for more information about her work and practice:
www.carpentercoupleandfamilycounseling.com

