

WRITING PROMPTS

Individual, Dyadic, or Group Writing Exercise

USE THIS EXERCISE TO BUILD:



Nurturing
Parent-Child
Interactions



Social and
Emotional
Abilities



Safer and
More Stable
Conditions



Resilience
and a Growth
Mindset



Social
Connections

PURPOSE

Journaling can be a powerful tool for self-expression, reflection, and mental clarity. Over time, journaling can be used as a way to track progress, note changes in behavior or thought patterns, and work towards goals. The writing prompts below relate to the protective factors encouraging survivors to reflect on their experiences and emotions, and think about their relationship with themselves and others.

SUGGESTED ACTIVITY LENGTH: 15 MINUTES – 1 HOUR

10 minutes for instructions | 30 minutes for writing | 20 minutes for reflection

MATERIALS

Paper, journal, or access to a computer

Pencil or pen

Relaxing music (optional)

Notes for the facilitator

- Consider placing this exercise at the beginning or end of sessions to open or close with short journaling activities.
- You can also encourage survivors to answer these prompts on their own at home.
- Encourage sharing with the group, but do not make it mandatory.

When using this activity with children:

- Consider age (recommended range: 6–18 years old)
- For younger kids, an adult may have to write down their responses.
- Kid friendly questions:
 - Where is somewhere you feel safe?



- What do you like to do when things feel hard?
- What makes you feel strong? Brave?
- What makes you feel joy?
- Who is someone you look up to? Why?

WRITING PROMPTS



Write about a specific anxiety, or something that makes you feel worried. Write about what it is, how it feels, where that feeling is coming from, and what it means to you. Then, shred it with your hands and throw it away.



Think of yourself as a battery. What charges or drains your energy?



Write about a time you felt proud of yourself.



Who are your role models?



If you could choose a movie, book, or song title to match what you're feeling or experiencing right now, what would it be?



Write about your relationship with a caregiver. Who were they, how did they make you feel? How has that relationship influenced who you are now?



Reflect on a time you experienced growth. What did you learn about yourself and how has it affected you?



Think of a time when you learned something about your parent/child that surprised you. How did that affect the way you viewed them or interacted with them?



What represents safety to you and why? It could be a person, place, or idea. Maybe it's a color or a smell or a shape, something more abstract. What makes it feel safe and secure?



Practicing gratitude: Who are the people in your life that provide support? How do they positively influence your life?



Write a letter to your past self at your child's age.



Write a letter to your future self at your parent's age.



Write about a time you communicated your feelings. How did this impact your relationships?



What do you need in order to feel safe to share your thoughts, feelings, and emotions with others?

REFLECTION QUESTIONS

- How did it feel to write your story down?
- How does it feel to share what you wrote out loud?
- If in a group, did anything someone else wrote or shared resonate with you?