

200

200 Thought-Provoking Journaling Prompts

Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

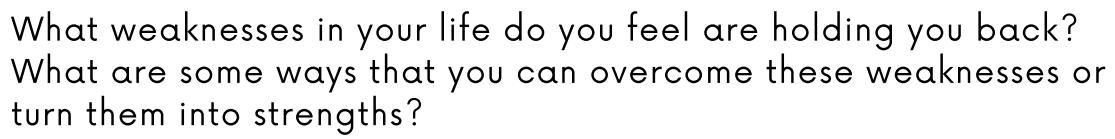
DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.



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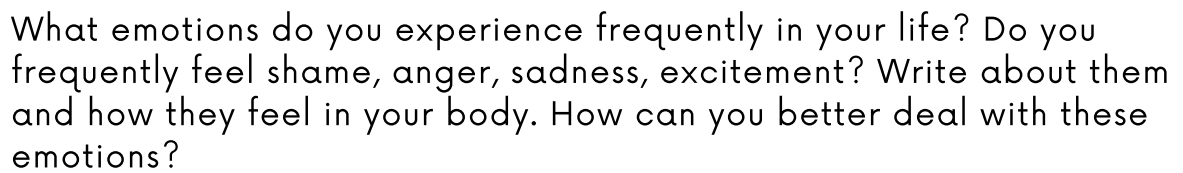
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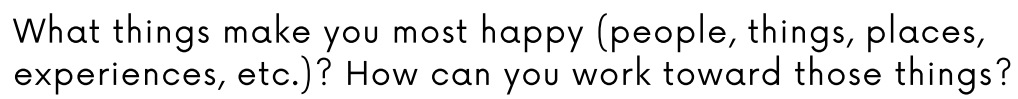
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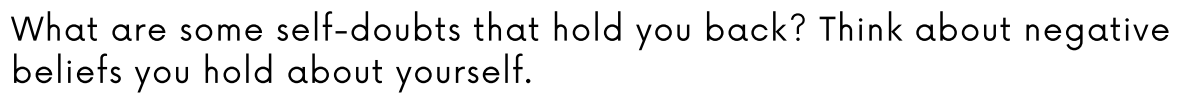


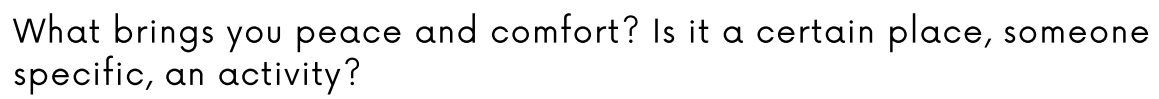
I promise to ... I want to do this because achieving this would mean ... My reward will be ...

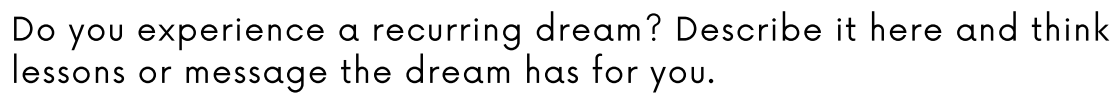
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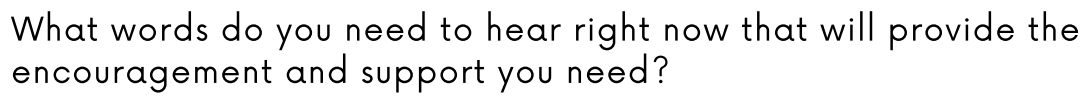
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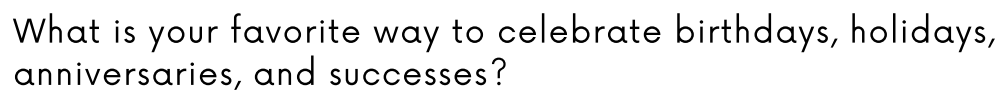
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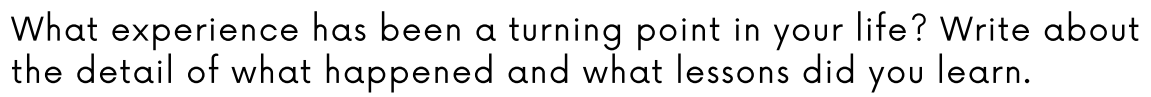
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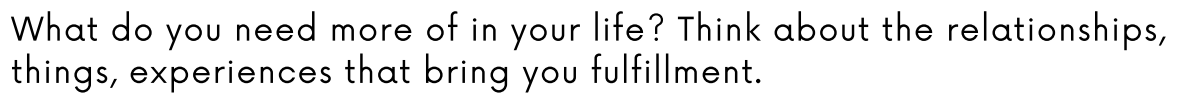
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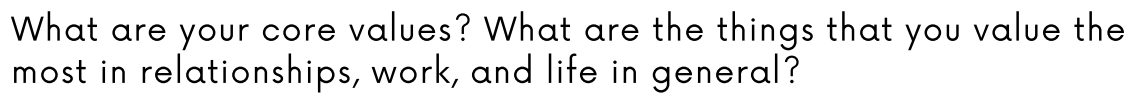
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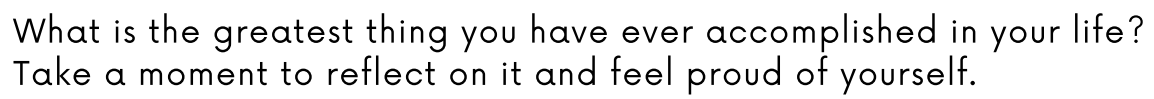
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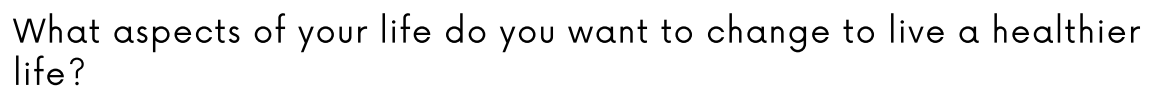


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[illegible]

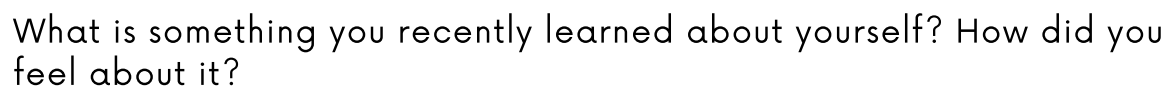
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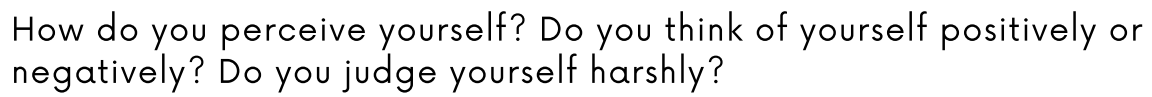
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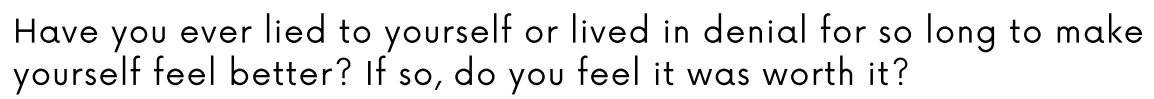


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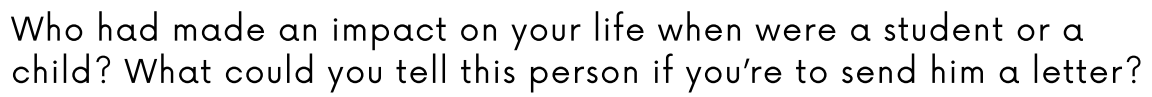
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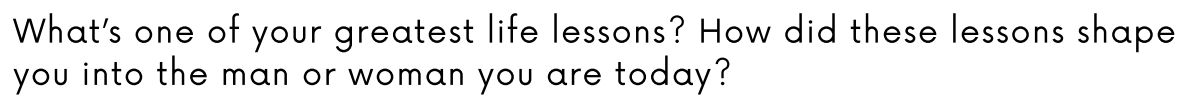


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[illegible]



What was a lesson you learned from your grandparent(s)?

[illegible]

[illegible]

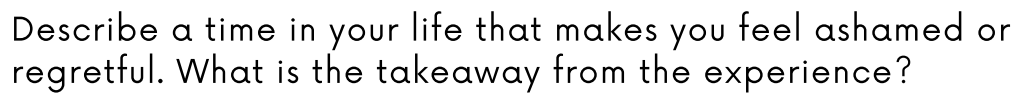


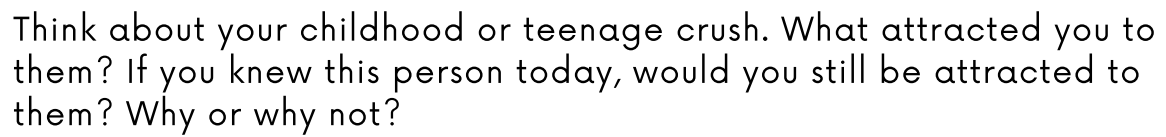
What's one of your happiest moments growing up?

[illegible]



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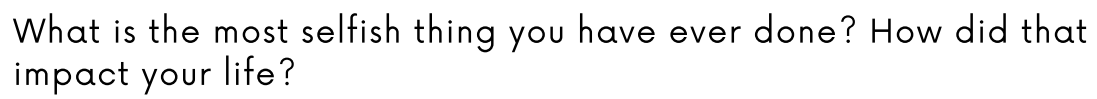


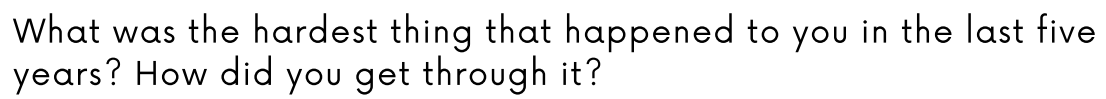
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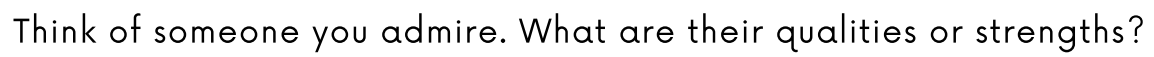
What's the most selfless thing you have ever done for someone else?

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[illegible]

[illegible]

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[illegible]



Write about a time when you made someone else feel happy.

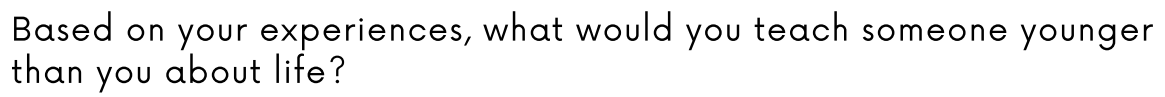
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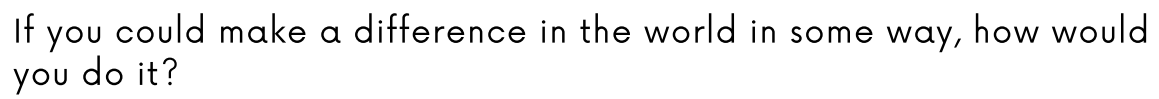


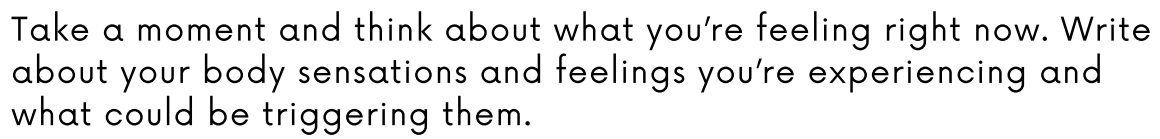
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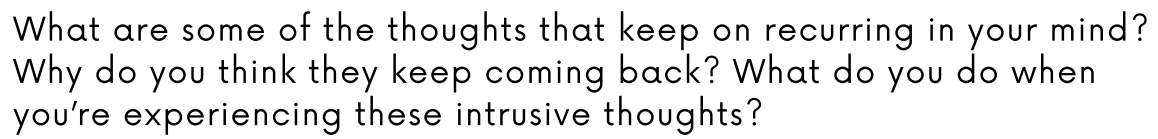
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[illegible]

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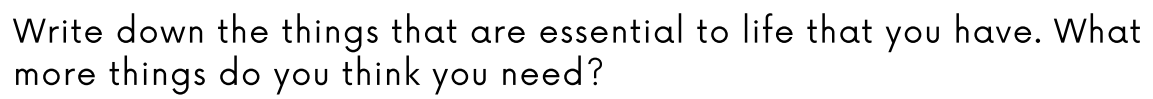
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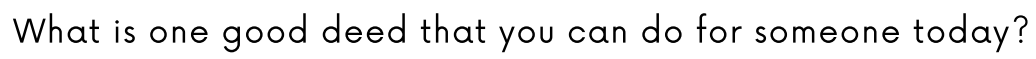
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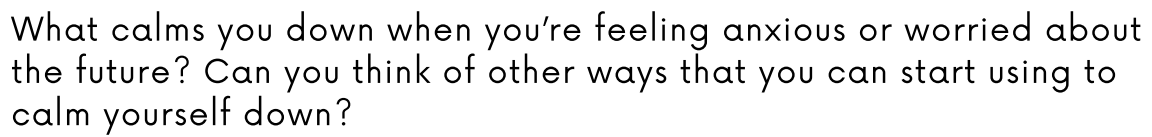
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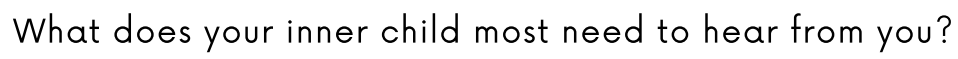
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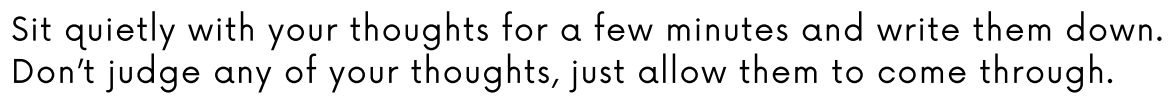
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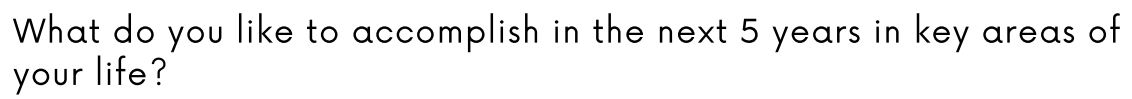


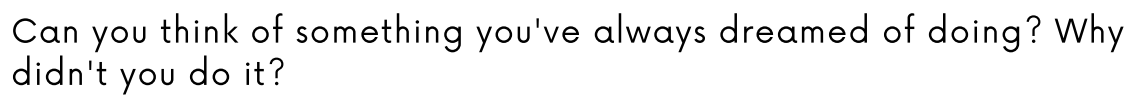
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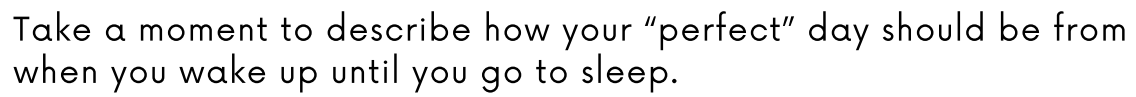
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[illegible]

[illegible]

[illegible]

[illegible]

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List 5 things you have done that you never thought you could do.

[illegible]



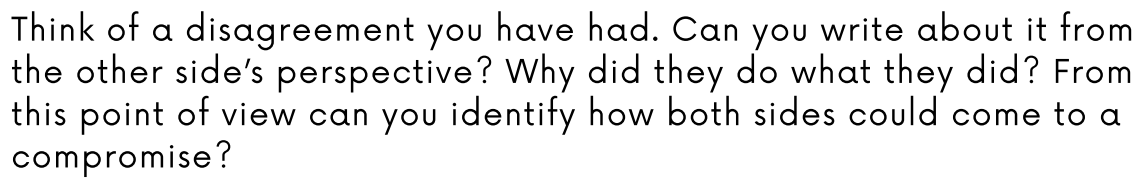
What do you need to accept?

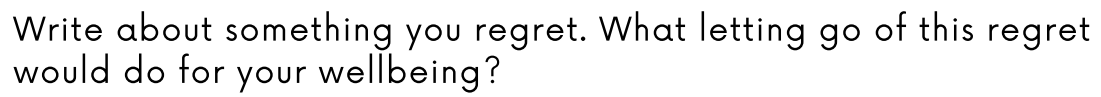
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[illegible]

[illegible]

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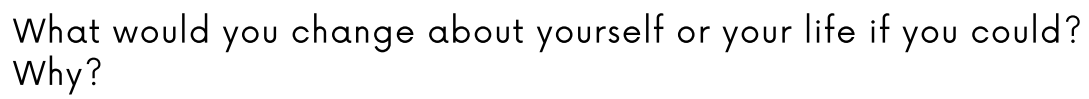


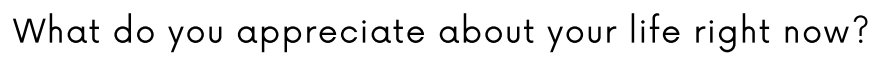
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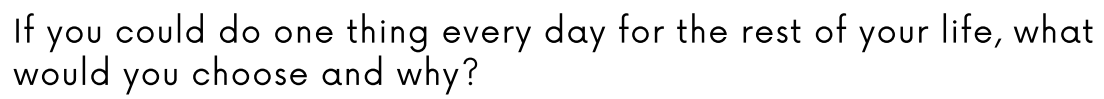
What would you do if you knew you could not fail?

[illegible]

[illegible]

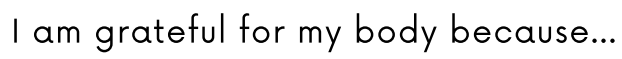
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[illegible]

[illegible]



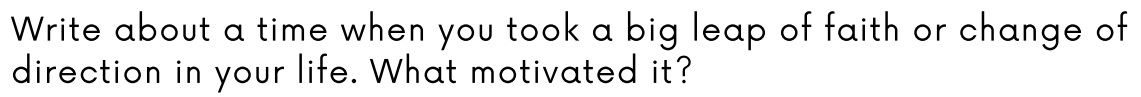
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What skills do you want to learn and why?

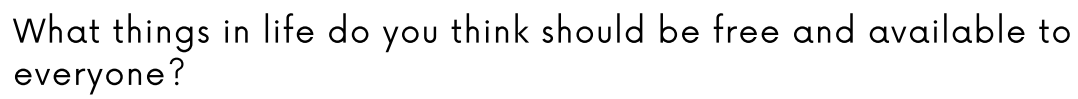
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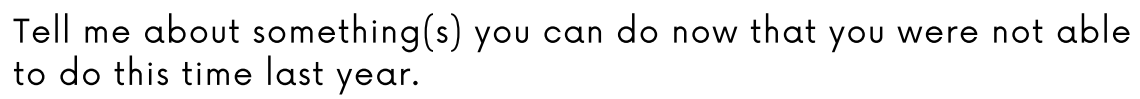
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What is on your mind right now?

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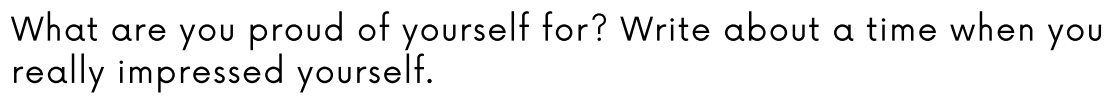
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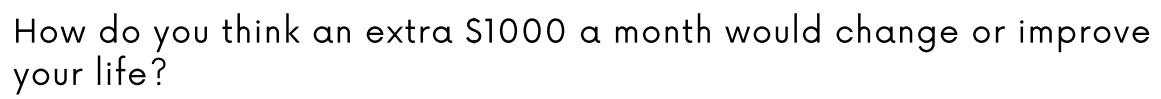


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[illegible]

[illegible]

[illegible]

[illegible]

[illegible]



What does the expression 'to live not simply exist' mean to you?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

[illegible]

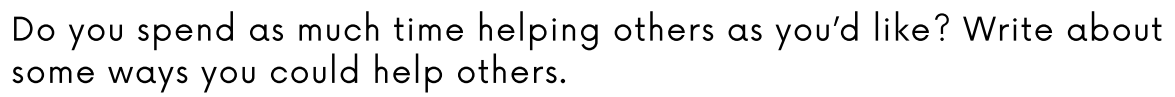
[illegible]



What do you think stands between you and your happiness?

[illegible]

[illegible]

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[illegible]



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What aspects of your job do you enjoy?

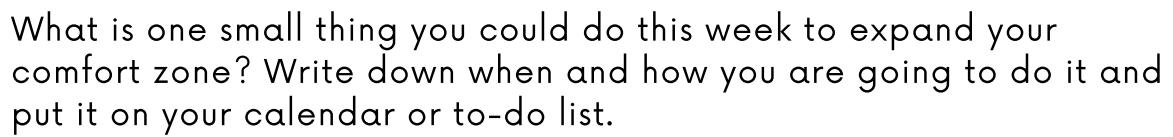
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What has made your childhood worthwhile?

[illegible]

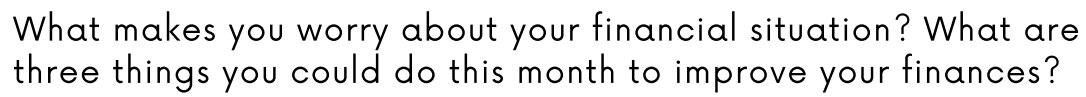
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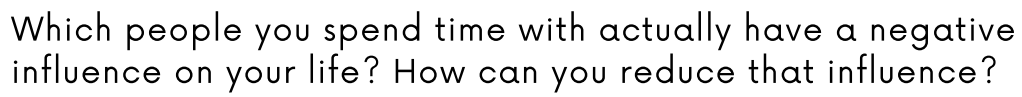
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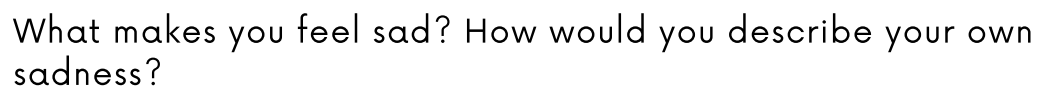


What makes life worthwhile for you?

[illegible]

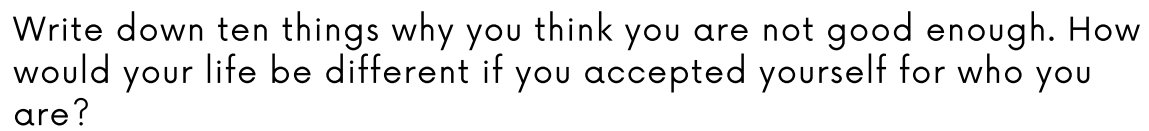
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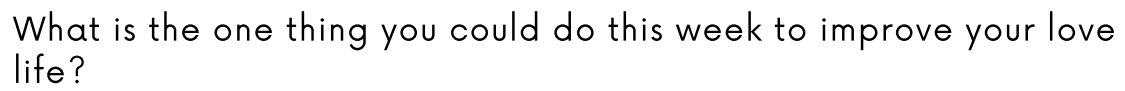
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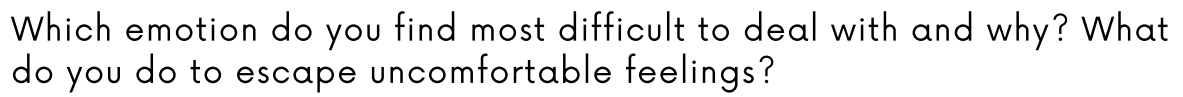
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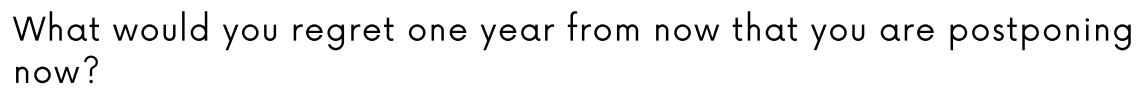


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[illegible]

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[illegible]

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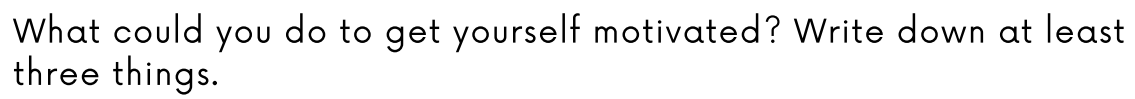
[illegible]

[illegible]



How is the way you were raised holding you back today?

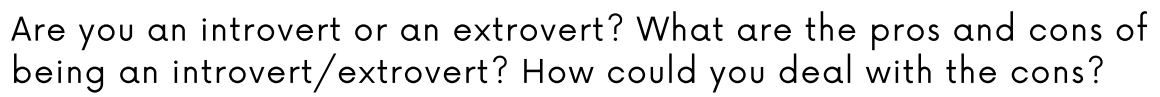
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[illegible]



What do you miss the most about your teenage years?

[illegible]

[illegible]



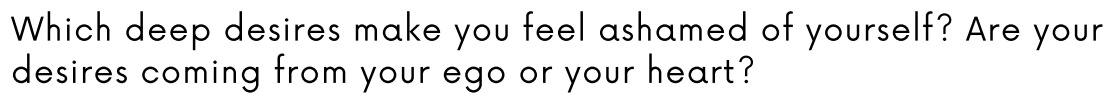
What about your childhood is still hurting you today?

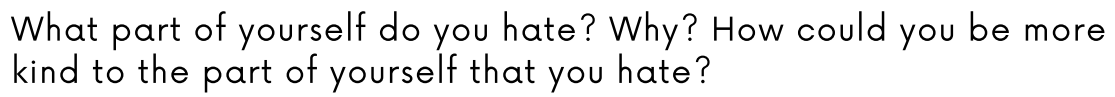
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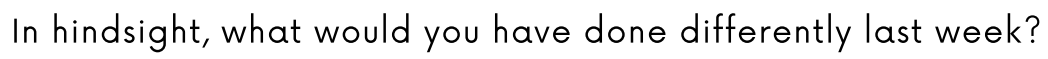


What are better ways to deal with your anger?

[illegible]

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[illegible]

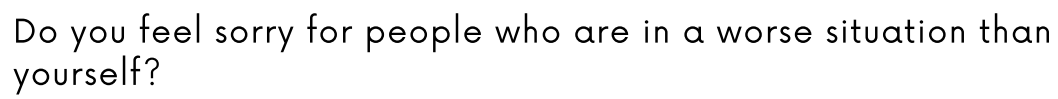
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When do you feel you are wasting time?

[illegible]

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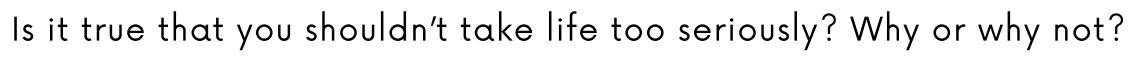
Do you have a recurring dream? If so, what could it mean?

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How could you spend more money on experiences than on things?

[illegible]

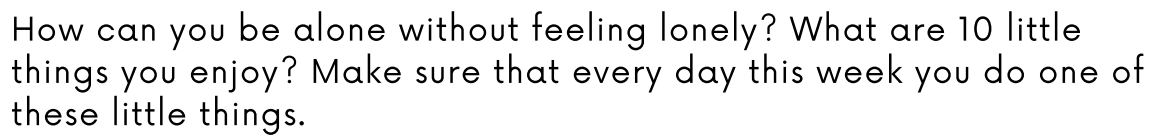
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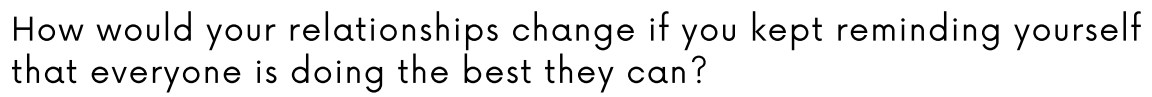
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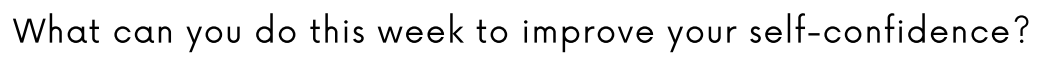


What rules of society prevent you from living the life that you want?

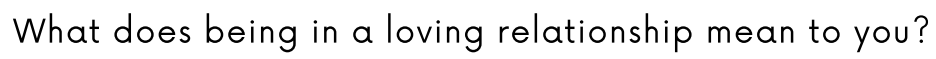
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Is there meaning in suffering? Why or why not?

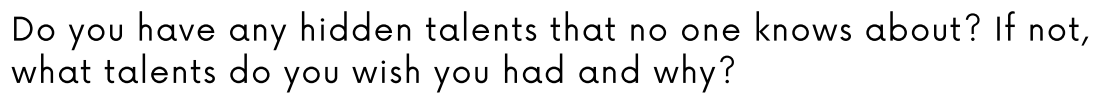
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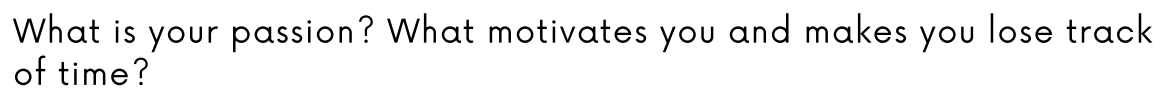
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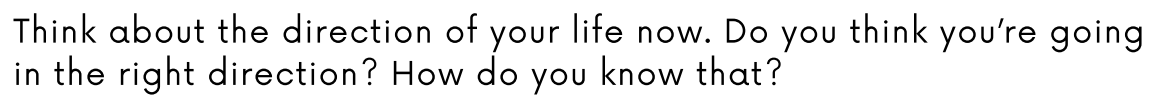


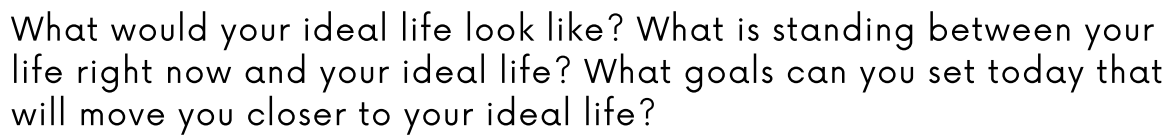
What is your life's purpose in your opinion?

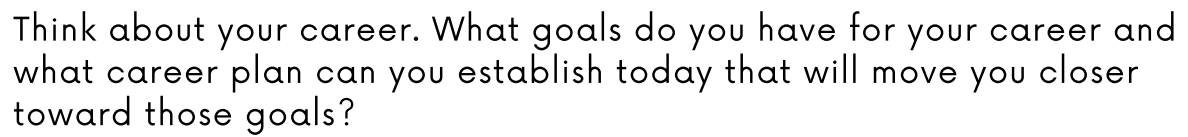
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What do you hope to contribute to your field?

[illegible]

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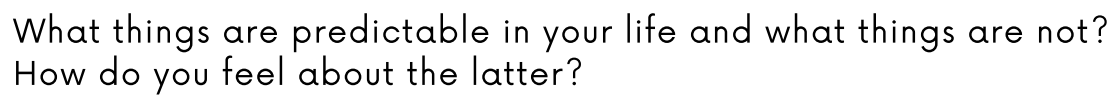


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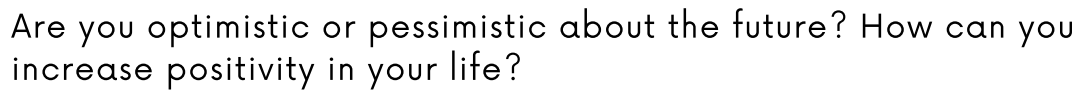
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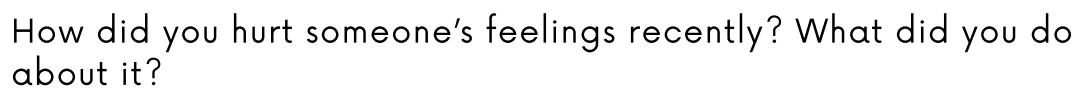
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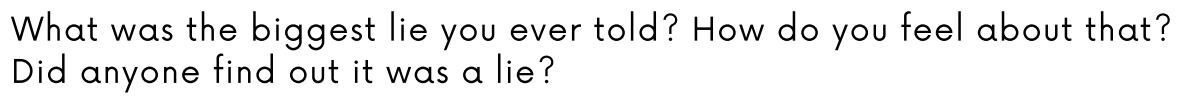
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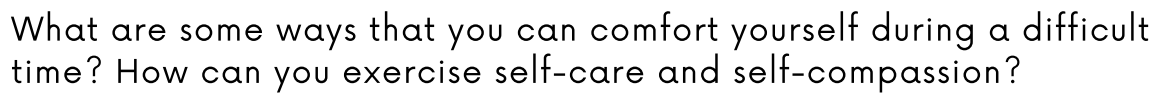
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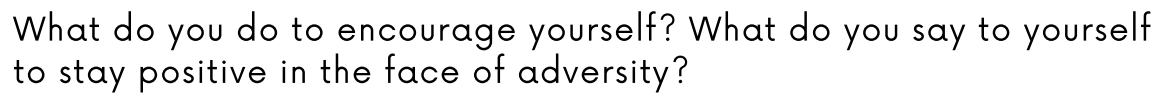
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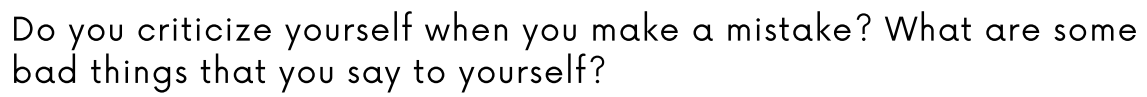
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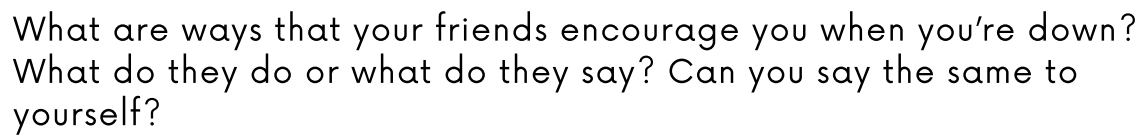
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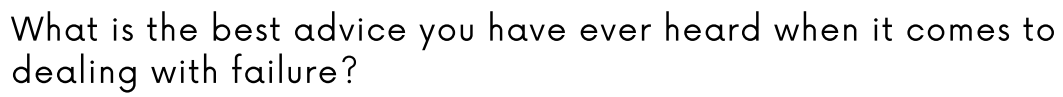
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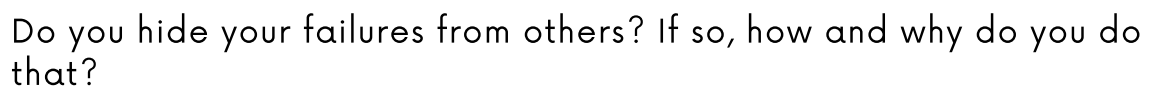


Do you think of yourself as your own worst enemy?

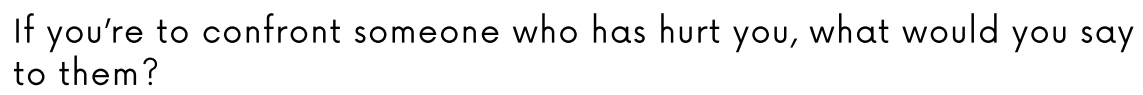
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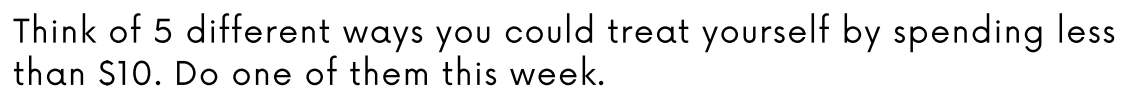
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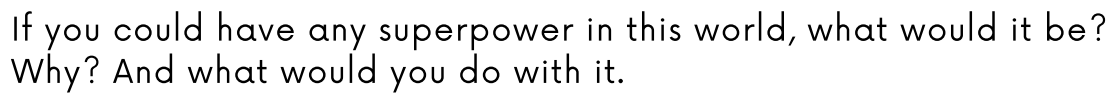


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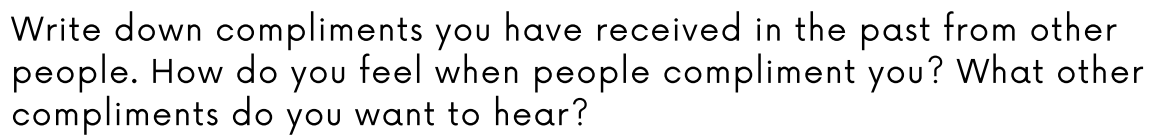
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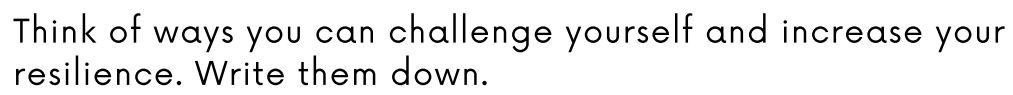
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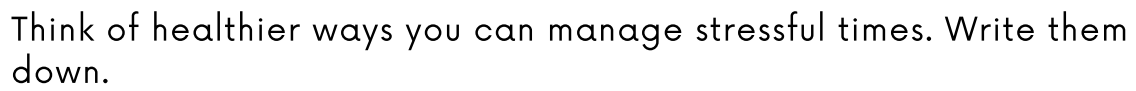
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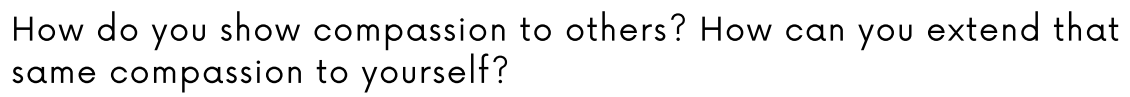


What's a new experience you want to try? Describe it in detail.

[illegible]



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What do you most want your children to learn from you?

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How do you use your personal strengths and skills at work?

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Finish this sentence: "My life would be incomplete without ..."

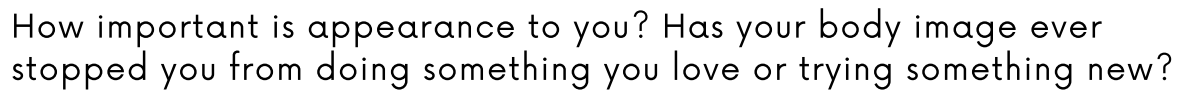
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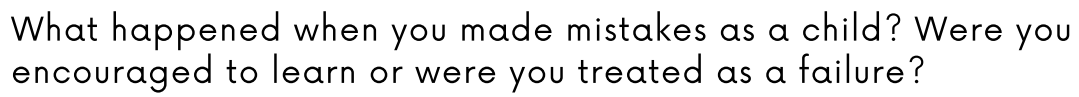
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2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No standalone DSM-5-TR diagnosis under the workbook title · educational/contextual topic unless a separately assessed disorder applies
- ICD-11 CDDR: No dedicated ICD-11 CDDR mental-disorder code under the workbook title · educational/contextual topic unless another coded condition is established
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 2, 3, 66, 185, 201. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Use 200 Thought-Provoking Journaling Prompts material to support assessment or intervention planning, not to assign a diagnosis. Evaluate duration, severity, clinically significant distress or impairment, developmental and cultural context, medical/substance causes, exclusions, and relevant differentials.

Document-specific corrections

- Keep 200 Thought-Provoking Journaling Prompts explicitly non-diagnostic; its exercises organize experience and goals but do not establish a mental disorder or causal explanation.
- Supersede diagnostic-sounding scoring on pages [2]: disclose whether each tool is validated or author-created, remove unsupported thresholds, and separate symptom monitoring from diagnosis.
- Revise trauma/protocol material on pages [66]: distinguish stabilization and reflection from trauma processing, state training/scope requirements, and add dissociation, acute-risk, and destabilization safeguards.
- Replace crisis wording on pages [2] with the current U.S. 988 call/text/chat pathway, 911 or nearest emergency department for immediate danger/medical emergency, and a direction to use verified local services outside the United States.

Measures, scoring, and permissions

- Pages [2] contain named, implied, or author-created screening/rating content . These scores are not diagnostic unless the exact instrument, version, validation population, administration, and interpretation are established. Identify provenance for every item set and scoring rule. Obtain publisher permission/license when required; otherwise remove cutoffs and label it as a nonvalidated reflection checklist, or replace it with a properly licensed measure without altering its wording/scoring.

Intervention scope and contraindications

- Use 200 Thought-Provoking Journaling Prompts activities as psychoeducation and structured reflection, not diagnosis or a stand-alone treatment plan. Adapt or stop any exercise that worsens distress, functioning, conflict, pain, or dissociation, and escalate care according to the actual presentation.

Crisis and current resources

- For 200 Thought-Provoking Journaling Prompts, use: ·If there is immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org for 24/7 crisis support. Outside the U.S., use verified local emergency and crisis services.· Verify all topic-specific agencies and links at publication.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://www.psychiatry.org/getmedia/b68a5776-f88c-45c7-9535-fd219d7aa5cb/APA-DSM5TR-Update-September-2025.pdf>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://www.who.int/publications/i/item/9789240077263>

2026 Clinical Alignment

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- <https://www.samhsa.gov/mental-health/988>
- <https://www.samhsa.gov/mental-health/national-behavioral-health-crisis-care>
- <https://www.healthquality.va.gov/guidelines/MH/ptsd/>
- <https://988lifeline.org/>