

CLINICAL PRACTICE WORKBOOK

ADULT

Self-Awareness 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.

Self-Awareness Journaling Prompts

1. What do you really want for yourself right now and why do you want it?

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2. If you only had one more day to live, what would you have the courage to do now?

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3. Who do you need to be to achieve your purpose?

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4. What do you think you were meant to do in this life?

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5. What do you think you were meant to be in this life?

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6. What are you willing to take risks and struggle for?

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7. When do you remember feeling the happiest during your childhood and why?

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8. What pain or resentment from the past are you still holding on to that is holding you back today?

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9. What do you not want others to know about you?

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10. What would you leave as it is in your current life and what would you change?

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11. What are you doing in your life just because you “should” not because you actually want to?

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12. What is one thing you keep telling yourself that you will do when you have the time or resources?

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13. How are you currently neglecting or hurting yourself?

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14. What are you not taking responsibility for that you know you need to take responsibility for?

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15. What are you avoiding right now and why?

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16. What makes you lose touch with yourself and what makes you connect with yourself again?

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17. What are you currently afraid of?

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18. What do you refuse to accept about your reality?

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**19. What is the best thing that you could do for yourself
right now?**

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20. What shield are you using to protect your vulnerability?

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21. In what area of progress do you feel stuck no matter how hard you try to fix it?

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22. What problem do you want to solve in your life right now?

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23. What is your number one value today and why?

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24. What expectations do you need to let go of right now?

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25. What do you currently feel has power over me? And could you reclaim your power back from it?

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26. What do you do that doesn't seem like work, regardless of the difficulty?

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27. What is your number one value today and why?

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28. What makes you feel unfulfilled about your life right now?

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29. What do you want your life to be in service of?

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30. What was the defining moment that changed your life forever?

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31. What makes you feel great about yourself?

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32. What are you most grateful for in your life right now?

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33. What do you usually complain about more than anything else?

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34. What conflict is unresolved in your life?

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**35. What would you take a stand for and what would you
take a stand against?**

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36. What would you still do even if you had to do it for free?

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37. If you had enough money and knew that you could never run out of it, how would you use your time and energy?

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38. What is the number one belief in your life that is preventing you from getting what you want in life?

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39. How do you want to be remembered? What do you want people to say about you behind your back?

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40. What questions do you have right now that you didn't find answers for yet?

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41. If you knew that life is full of suffering and that you had to choose your battles, what pain will you say YES to?

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42. What are you so committed to that you will say YES to any downsides that might come with this thing?

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43. When do you feel most alive?

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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 diagnosis under this title · not a DSM-5-TR diagnosis
- ICD-11 CDDR: · not an ICD-11 mental disorder diagnosis
- 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, 5, 13. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Do not infer a disorder from worksheet endorsement. Assess duration, severity, distress or impairment, medical/substance causes, cultural context, and relevant differentials when symptoms warrant evaluation.

Document-specific corrections

- State that journaling responses are reflective material, not evidence of a diagnosis or hidden ·true self.
- Replace mortality prompts with opt-in wording and a grounding alternative for people experiencing grief, trauma, or suicidal ideation.
- Add a stop-and-orient instruction when writing increases rumination, shame, dissociation, or emotional flooding.

Measures, scoring, and permissions

- No assessment or scoring content was detected; retain exercises as unscored reflection and do not add diagnostic interpretation.

Intervention scope and contraindications

- Pages [2]: require topic-qualified clinical review for consent, readiness, contraindications, escalation thresholds, and whether clinician-guided use is necessary.

Crisis and current resources

- No condition-specific resource is required; use local crisis services if a prompt activates immediate safety concerns.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm>
- <https://www.who.int/publications/i/item/9789240077263>
- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://icd.who.int/browse/2026-01/mms/en>
- <https://988lifeline.org/>