

# Journaling Prompts for Codependency Recovery

I get angry when \_\_\_\_\_ but I'm not able to express it because \_\_\_\_\_.

I'm afraid of \_\_\_\_\_.

People like me because \_\_\_\_\_.

When things don't go according to plan, I \_\_\_\_\_.

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Taking care of other people makes me feel \_\_\_\_\_.

When I listen to my body, it tells me that it needs \_\_\_\_\_.

When I tune into my spirit/soul, it tells me that it needs \_\_\_\_\_.

I wish people knew \_\_\_\_\_ about me.

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I'm really good at \_\_\_\_\_.

I'm ashamed of \_\_\_\_\_.

I tend to bury or deny my emotions by \_\_\_\_\_.

I can show myself love by \_\_\_\_\_.

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I can show myself love by \_\_\_\_\_.

Someone who is supportive of my growth and change is \_\_\_\_\_.

When I try to set a boundary by saying “no”, I feel \_\_\_\_\_ because \_\_\_\_\_.

When I’m sad, I \_\_\_\_\_.

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When I'm angry, I \_\_\_\_\_.

If I let myself feel all of my feelings, I would \_\_\_\_\_.

I don't feel good enough or loveable because \_\_\_\_\_.

If people knew the real me, they would \_\_\_\_\_.

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One person who truly knows me is \_\_\_\_\_.

If I start of focus more on myself – my needs and feelings, people will \_\_\_\_\_.

If I let my inner child speak, s/he would say \_\_\_\_\_.

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I feel anxious when \_\_\_\_\_.

A positive way to calm my anxiety is \_\_\_\_\_.

I try to control other people and situations by \_\_\_\_\_ and this leads to  
\_\_\_\_\_. Instead I will \_\_\_\_\_.

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I suspect I may have some denial about \_\_\_\_\_.

I feel hopeful about \_\_\_\_\_.

I am grateful for \_\_\_\_\_ and I will show it by \_\_\_\_\_.



# Journaling Prompts for Codependency Recovery

Just for today I will \_\_\_\_\_.

3 Ways I can take care of myself today are \_\_\_\_\_.

These prompts aren't a substitute for psychotherapy. They may bring up some strong feelings. Consider working on these journaling prompts with a therapist or a Codependents Anonymous or Al-Anon sponsor.