60 prompts for hard and good days

Choose one question that fits. A few words are enough. Skip any prompt or stop if writing increases distress. These are reflection ideas, not treatment.

When you feel overwhelmed

1. What is taking up the most space in my attention right now?
2. Which part of today needs a decision, and which part can wait?
3. What is one thing I can make smaller or simpler?
4. What basic need have I postponed while trying to keep up?
5. Which task would benefit from help rather than more effort from me?
6. What would a realistic stopping point look like today?
7. What information would help me choose my next step?
8. Which expectation am I carrying that nobody has actually asked of me?
9. What could I leave unfinished without a serious consequence?
10. What is one practical request I could make of someone?

When you feel worried or uncertain

11. What am I worried might happen, in one plain sentence?
12. What do I know about this situation, and what am I guessing?
13. What question needs an answer before I make a decision?
14. What part of this situation is within my influence today?
15. What action could I schedule instead of repeatedly thinking about it?
16. What is another plausible explanation for the event I keep replaying?
17. What would I tell a friend who had the same unanswered question?
18. What has helped me handle uncertainty in a similar ordinary situation?
19. Who could offer relevant information rather than another round of speculation?
20. What can remain undecided until I have more information?

If you need help now

If you are thinking about suicide or self-harm, stop writing and seek human support. In Bangladesh, Kaan Pete Roi offers emotional support and suicide-prevention listening: +880 9612-119911. Elsewhere, contact a crisis service in your country.

In immediate danger or needing urgent medical care, contact local emergency services or go to the nearest emergency department.

60 prompts for hard and good days

Choose one question that fits. A few words are enough. Skip any prompt or stop if writing increases distress. These are reflection ideas, not treatment.

When you feel low or have little energy

21. What feels hardest about getting through the next hour?
22. What is one basic thing that might make me more comfortable?
23. What would a lower-demand version of today's plan look like?
24. What can I prepare now to make a later task easier?
25. Which familiar activity asks very little of me?
26. What would I like someone to understand about my energy today?
27. What could I ask for without needing to explain everything first?
28. What have I already done that is easy to overlook?
29. What can wait while I take care of a more immediate need?
30. What is one thing I want to mention at my next support appointment?

When you feel self-critical or caught in comparison

31. What happened, described without an insult or a label?
32. What am I holding myself responsible for in this situation?
33. What circumstances or limits belong in a fair account of what happened?
34. What would a useful correction look like, separate from punishing myself?
35. What evidence does my harshest interpretation leave out?
36. What would I say if someone I cared about made the same mistake?
37. What am I comparing, and what do I not know about the other person's life?
38. What standard would be realistic for my current experience and resources?
39. What effort or skill can I acknowledge without exaggerating it?
40. What is a more neutral sentence I could use to describe this day?

If you need help now

If you are thinking about suicide or self-harm, stop writing and seek human support. In Bangladesh, Kaan Pete Roi offers emotional support and suicide-prevention listening: +880 9612-119911. Elsewhere, contact a crisis service in your country.

In immediate danger or needing urgent medical care, contact local emergency services or go to the nearest emergency department.

60 prompts for hard and good days

Choose one question that fits. A few words are enough. Skip any prompt or stop if writing increases distress. These are reflection ideas, not treatment.

When you feel lonely or disconnected

41. What kind of connection am I missing today?
42. When did a conversation last leave me feeling heard, and what helped?
43. Who might be comfortable receiving a small, low-pressure message from me?
44. What could I say to suggest a specific, manageable catch-up?
45. What would I like to share, and what would I prefer to keep private?
46. Which place or group might offer the kind of contact I want?
47. What makes reaching out difficult, and what might reduce that barrier?
48. What is one way I can ask directly for the company I need?
49. What boundary would make a particular interaction more comfortable?
50. What would I want a supportive person to know about today?

When the day feels good or steady

51. What small detail from today would I like to remember next month?
52. What felt enjoyable without needing to be productive?
53. What worked well enough that I would like to repeat it?
54. Who or what contributed to an easier moment today?
55. What did I notice because I was not rushing?
56. What am I looking forward to, without needing to plan it fully?
57. What did I learn about an interest or preference of mine?
58. What felt pleasantly ordinary today?
59. What support or circumstance helped, alongside anything I did myself?
60. What would I like to tell my future self about this moment?

If you need help now

If you are thinking about suicide or self-harm, stop writing and seek human support. In Bangladesh, Kaan Pete Roi offers emotional support and suicide-prevention listening: +880 9612-119911. Elsewhere, contact a crisis service in your country.

In immediate danger or needing urgent medical care, contact local emergency services or go to the nearest emergency department.

A page for one prompt

Keep this page somewhere private. You can use a different question, leave sections blank, or finish without an action plan.

Date: _____ Prompt number: _____ Feeling / context (optional):

The question I chose

My response - words, bullet points, or a sketch

A next step or support I might want (optional)

I can leave this unfinished. I do not have to work through a crisis on paper.

If you need help now

If you are thinking about suicide or self-harm, stop writing and seek human support. In Bangladesh, Kaan Pete Roi offers emotional support and suicide-prevention listening: +880 9612-119911. Elsewhere, contact a crisis service in your country.

In immediate danger or needing urgent medical care, contact local emergency services or go to the nearest emergency department.