

Journaling Questions for Difficult Times

These are some of my favorite questions to ask myself during difficult times. I invite you to use them as journaling prompts, when you need them. One, or some, or all may be appropriate for your difficult situation – some you may feel are not. Take the ones that feel useful and leave the rest. And a heads up – I use God language in some of the questions below. Please feel free to use it if it's useful, or replace with your own term for the vast creative force of Life. - Tara Mohr

1. What is my soul learning here?
2. What is this situation calling forth in me?
3. What would it look like to be loving to myself in this situation?

4. What are ways – within my agency – to more fully support and care for myself in this situation?
5. How can this experience draw me closer to trust, to acceptance, to understanding?
6. What is this whisper from Life/Wisdom/Love about – what is this experience truly for, in terms of my growth and evolution?

7. God/Life/Love, what do you want me to remember in this situation?

8. God/Life/Love, what does it look like to walk with you in this situation?

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Find the book, *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead*, [here](#).