

The Other Side of Nice

Grounded Journal Prompts

A gentle set of prompts for clarity, boundaries, and self-trust.

These prompts are meant to be taken slowly. You don't need to answer all of them at once. Choose one, sit with it, and write honestly without trying to sound wise or put together.

1. Boundaries & Energy

- Where in my life do I feel quietly drained, even when nothing "bad" is happening?
- What do I say yes to out of habit rather than choice?
- What would a kind but firm no sound like in one situation I'm facing right now?
- How do I know in my body when I'm crossing my own limits?

2. Caregiving & Responsibility

- What responsibilities am I carrying that no one sees or acknowledges?
- Which of these are truly mine, and which have I taken on because it felt easier than saying no?
- If I allowed myself to need rest without justification, what would that look like today?
- What am I afraid would happen if I stopped holding everything together?

3. Self-Trust & Identity

- Who am I when I am not managing, fixing, or anticipating others' needs?
- What parts of myself have I put on hold, and what do they need now?
- When was the last time I trusted my own judgment—and what did that feel like?
- What would it mean to take myself seriously in this season of life?

4. Letting Go of Guilt

- What am I carrying guilt for that may not actually belong to me?
- Whose expectations am I still living inside of?
- What would self-compassion sound like if it were speaking directly to me?
- What am I allowed to want, even if it inconveniences someone else?

A Closing Reflection

You don't need to become someone new. You are learning how to come back to yourself. Return to these pages whenever things feel heavy or unclear.