

THE
HEALING PAGES

10 JOURNALING PROMPTS FOR THERAPISTS
WHO ARE TIRED BUT STILL SHOWING UP

HEALING PAGES

A gentle space to reflect, reconnect, and honour your own inner world.

1. What part of me shows up in the room when I'm exhausted—and what does that part need from me right now?
2. What am I carrying home from my sessions this week that doesn't belong to me?
3. When was the last time I felt deeply connected to my work? What made that moment meaningful?
4. What boundary have I been avoiding or overriding lately—and why might that be hard for me to hold?
5. If my fatigue could speak, what would it say? What might it be protecting me from or trying to express?
6. Where in my body do I feel the weight of this work most right now? What would it look like to respond with care?
7. What am I proud of that no one else sees? What invisible labour deserves acknowledgment?
8. What version of me is showing up in the therapy room lately—and how do I feel about that version?
9. What am I longing for in my work that I haven't named out loud?
10. If I could offer myself one small act of care or softness this week, what would it be? Can I give myself permission to receive it?

You show up for so many others. Let this be a moment where you show up for yourself.

You don't need to finish all the prompts. You don't need to get it "right."

Just start where you are. One question, one breath, one honest moment at a time.

We're so glad you're here.