

General Prompts

- Today I felt _____ because _____
- I am grateful for...
- “Rose” and “thorns” of the week
- “Brain dump” (bullet points or flow of consciousness)
- Specific issue that has been the cause of worry/rumination/reflection

Self-Esteem and Self-Reflection

- What I love about myself / my best qualities
- A time I dealt with a difficult situation
- Ways I have grown over the last year (or other amount of time)
- A letter to my younger self: What guidance would I give them? What would they be surprised to know?
- What are my top values, and how have they led me to where I am today?
- Changing habits: What happened preceding the moment that I wanted to engage in this habit? What did I do instead? What can I do differently next time?

Uncomfortable Emotions or Experiences

- What has been difficult in my life lately?
- Have I learned something unexpected about myself, someone else, or a situation?
- What am I fearing or worried will happen?
- Does this situation remind me of any other uncomfortable experiences from the past?
- What thoughts and feelings arose about myself, others, and the situation when it happened?
- Practice taking perspective: how would a friend (or someone else) see this situation?

Employee Assistance provides confidential, no cost, short-term counseling, assessment, and referrals for employees and their immediate family members, for any personal and work-related concern. To schedule an in-person or telephone appointment, please call 510-643-7754.