



Stepmom Journal Prompts

What happens to us is not as important as the meaning we assign to it. Journaling helps sort this out.

In my opinion, journaling is underrated. Here are some benefits:

- 1) **Process previous events.** What happens to you is not as important as the meaning you assign to what happens to you. Journaling can help you sort through your experience and be intentional about your interpretation.
- 2) **Clarify your thinking.** Writing in general can assist in disentangling thoughts. Journaling takes it to a new level. Because if you're not performing in front of a "live audience," so to speak, you can really wrestle through the issues.
- 3) **Understand the context.** Life is often happening so quickly, and you usually have little time to stop and reflect on where you are in the bigger picture. Journaling can help to discern the difference between the forest and the trees.
- 4) **Notice your feelings.** Once you can identify your feelings you can begin to work through them.
- 5) **Connect with your heart.** Monitor the condition of your heart, mind and soul.
- 6) **Record significant lessons.** Writing things down leads to even deeper understanding and, I hope, wisdom. Write down what you learn so you don't have to re-learn it later.
- 7) **Ask important questions.** A journal is not merely a repository for the lessons you are learning but also the questions you're asking. If there's one thing I have discovered, it's the quality of my questions determine the quality of my answers.

Grab Your Materials

If you're anything like me, you'll appreciate a pretty journal and some nice pens. If not, of course a simple notebook will do.

Now let's begin....

Processing Conflict Prompt:

The first prompt is one I encourage to do after an emotionally taxing event.

Example: you and your partner have a disagreement over a parenting decision, or perhaps something that went down with the children's mother.

Step One: Write down what happened in specific detail. Answer all the Who, What, When, Where and Why.

Step Two: Identify the emotions you felt and why.

Step Three: Answer the WHY. Why did you feel that way?

Step Four: Identify what you need to mend, heal and move forward.

Step Five: Decide if it's worth sharing with your partner, either verbally or allowing them to read your writing.

The purpose here is to process through conflict in a healthy way that leads to understanding and

Stepmama Journal Prompts

Pick a prompt that speaks to you and write away.

- 1. 3 things you wish you had known as a new stepmom.**
2. Who is your parenting role model and why?
- 3. What does self-care mean to you? How has it changed since you became a stepmom?**
4. What are 5 things you wish your stepchild(ren) knew about you.
- 5. Your most proud stepmom moment so far.**
6. Similarities between you and your stepchild(ren).
- 7. List what you love about your partner.**
8. What surprised you the most about being a stepmom?
- 9. How have your priorities changed since becoming a stepmom?**
10. One thing you appreciate about every person in your family, including yourself.
- 11. How has your relationship with your partner changed since becoming involved with your stepchild(ren)?**
12. Who supports you most in this role, and how do they support you?
- 13. How is stepmotherhood challenging you currently?**
14. What is your favorite way to bond with your stepchild(ren)?

15. A quote you live by currently in your life.

16. What are some things you never thought you'd say as a stepmom but have/do?

17. Is there anything you miss from your life before being a stepmom?

18. Something you have learned from your stepchild(ren).

19. A thing you love about this time of your life.

20. Something that made you laugh today.

21. How can your partner better support you?

22. If you could improve one thing about your blended family life, what would it be?

23. Where do you see yourself in 5 years? 10 years?

24. Write your partner a love letter.

25. Write your stepchild(ren) a letter.

I hope you found at least one prompt that spoke to you today and gained some ideas for future journaling sessions.

Be Well & Stay Radical,

Christine

