April Unfiltered

A FREE GUIDE

Reflection & Journaling Prompts

Use these prompt sets to move from raw insight to felt awareness.

- Set A: Uncovering the present state
- Set B: Reframing and re-patterning
- Space to write after every prompt

At your own pace | Printable | Not therapy or a diagnosis

SET A

Uncovering the present state

PROMPT 1

The current horizon

What is currently taking up the most emotional or mental bandwidth in your life, and what is it trying to teach you?

PROMPT 2

Friction analysis

Where in your daily routine do you feel the most internal tension or hesitation? What boundary, belief, or habit is missing there?

PROMPT 3

Values check

What are 3 core standards you hold non-negotiable right now, and how are they reflected in your current schedule?

SET B

Reframing & re-patterning

PROMPT 1

The narrative shift

Identify one belief about yourself that feels limiting. Where did it come from, and what is a grounded, empoweringly realistic reframe?

PROMPT 2

Energy leak identification

What activities, behaviors, or interactions leave you feeling depleted? What small boundary would protect your energy?

PROMPT 3

The ‘enthusiastic yes’

Where in your life are you saying “yes” out of obligation rather than genuine alignment? What would an authentic response look like?

BEFORE YOU CLOSE THE PAGE

What I'm taking with me

Looking back over both sets, what stood out most? Write one sentence you want to remember this week.

Want support with what you found?

I work with women who are safe now but still feel clenched around intimacy, using the EVOKe Method: polarity, overwhelm and sensory load, and trauma recovery, with safety in intimacy at the center. A discovery call is a relaxed 30-minute conversation to see if we're a good fit, with no pressure.

EVOKe is coaching, not therapy or crisis support. If you are in danger, call 911 or the National Domestic Violence Hotline at 1-800-799-7233.