JOURNAL WRITING PROMPTS

FACING THE MIRROR: A PERSONAL ACCOUNTABILITY CHECK-IN

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Self-Reflection
What Happened?

PROMPT 1:

Describe a recent conflict or situation that is still lingering in your mind.

What happened? Who was involved?

PROMPT 2:

How did you feel in the moment?

Were you triggered? Defensive? Embarrassed? Hurt?

PROMPT 3:

Now that some time has passed, how do you view your response?

What would you change or keep the same?

Accountability Check

PROMPT 4:
What role did you play in the situation?

Be honest–did you escalate, avoid, blame, or deflect?

PROMPT 5:
Have you apologized or tried to repair the situation?

If not, what's stopping you?

PROMPT 6:
Do you need to seek counsel from someone who can offer you clarity and truth (not comfort or enabling)?

If yes, who?

Release & Action

PROMPT 7:

Write a message to the person involved (you don't have to send it).

Include an apology, clarity on your thoughts, or a commitment to do better.

PROMPT 8:

If this situation never gets resolved, how will you find peace within yourself?

What can you do to heal without closure?

FINAL THOUGHT:

Accountability isn't punishment—it's power.

What's one way you will show up differently next time?