

Wholesome Yoga Therapy Pain Journal

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Chronic pain journal prompts help you track symptoms, understand triggers, process emotions, and build coping strategies by focusing on pain location/intensity, associated feelings, activities affected, moments of resilience, needs from others, and positive affirmations. Prompts encourage writing letters to your body or illness, detailing a difficult day, listing coping tools, or describing your journey and growth, offering a way to externalize experiences and find empowerment.

Below is a gentle, trauma-informed set of journal prompts designed specifically for people living with chronic pain. The language is invitational (not demanding), nervous-system aware, and avoids “fixing” or bypassing pain.

You can either just read through them and answer yourself, or you can write down your answers if you’d like to come back to them or compare them with other days as you repeat them. You can use these journal prompts when and how you feel is appropriate.

Take what feels supportive, helpful, and comforting today. There is no right way to respond.



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Symptom Tracking & Triggers

These prompts help you identify pain causes, location, and intensity.

- Where is the pain? What does it feel like (sharp, dull, throbbing)?
- What was I doing before the pain started? What caused the pain?
- What activities make it better or worse?
- Are there other symptoms or emotions (like anxiety or fatigue, or lack of sleep) connected to the pain?

Body Awareness & Compassion

These prompts help build a safe, non-judgmental relationship with the body.

- What does my body need more of today?
- What does it need less of?
- Is there a place in my body that feels even 1% more neutral or comfortable right now?
- If my pain could speak, what would it want me to know today?
- What has my body been working hard to do for me, even while in pain?
- How can I meet my body with kindness today, rather than expectation?



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Coping & Support

These are things that can help you cope with and manage pain.

- List 10 things you can do to find relief on a tough day (a "toolbox").
- What do I need from others (emotional support, practical help)?
- What is the most supported I've felt?
- Create a mental image of a safe, calming space.

Emotional and Mental Processing

Chronic pain often carries unspoken emotions—these prompts allow expression without pressure.

- What emotions tend to arise alongside my pain?
- What am I tired of explaining—to myself or to others?
- What feels heavy right now?
- What feels steady?
- What am I allowed to feel today, without trying to change it?
- Write a letter to your body or your illness, saying what you need or feel.
- Describe a moment you felt truly resilient or strong despite your pain.
- What are three positive affirmations for a flare-up?
- What's a common misconception people have about my pain?
- How has my illness or condition changed me as a person?



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Nervous System & Safety

These support regulation, choice, and a sense of agency.

- What helps me feel even slightly safer or calmer in my body?
- When pain flares, what do I usually do automatically? What else might I gently try?
- What signals tell me my nervous system is overwhelmed?
- What soothes me that doesn't require effort or productivity?
- What does rest look like to me?

Identity Beyond Pain

These prompts help you reconnect with yourself beyond diagnosis or symptoms.

- Who am I outside of my pain?
- What parts of me remain unchanged, even on difficult days?
- What do I still enjoy, even in small or different ways?
- What qualities have grown in me because of my pain experience?
- What would I like to be remembered for—not related to pain?



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Self-Trust & Agency

Empowering prompts that honor lived experience.

- What do I know about my body that others might not?
- When have I listened to myself and felt supported by that choice?
- What boundaries help protect my energy?
- What does “enough” look like today?
- What choice feels most compassionate right now?

Future-Focused & Integrative

Gentle endings that don't force positivity.

- What advice would I give someone newly diagnosed with a similar condition?
- What am I grateful for in my pain journey?
- What can I thank myself for today?
- What do I want to carry forward from this reflection?
- What can I release, even slightly?
- What would it feel like to meet tomorrow with softness?
- What's one sentence of kindness I can offer myself?

