

Healing Avoidant - Journal Prompts

1. What are some moments from your past where you chose distance over vulnerability? Why?
2. How has your avoidant behavior protected you-and how has it hurt you?
3. Write a letter (you don't have to send) to someone you pushed away. What would you say now?
4. Reflect on a scripture that speaks to surrender. What is God asking you to let go of?
5. Describe what healing looks like to you. What do you need to feel safe opening up again?
6. How do you typically respond when someone gets emotionally close to you? Why?
7. What's one habit or thought pattern you want to surrender this week?
8. When was the last time you felt deeply seen or loved? What made that possible?
9. What are you afraid might happen if you truly let someone in?
10. Talk to God honestly-write a prayer asking for strength to stop running.