

Journaling Prompts for the Fogged Mother

These prompts aren't homework. They're invitations. Choose one. Breathe. Write a few words—or just hold the question in your heart.

For Awareness

- “What does the fog feel like in my body?”
 - “What do I usually try to *do* when I feel like this?”
 - “Is there a part of me that wants to protect me right now?”
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For Connection

- “If someone could care for *me* the way I care for my child, what would they do?”
 - “What do I wish someone would say to me right now?”
 - “In a perfect world, I would be allowed to...”
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For Gentle Action

- “What's one small thing that might feel good right now?”
 - “What's one thing I can let go of today?”
 - “If I had 5 minutes to myself, how would I spend it?”
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For Healing the Deeper Roots

- “What did I learn about needs growing up?”
 - “What happens when I admit I'm overwhelmed?”
 - “Who am I when I'm not caretaking?”
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Mini Practice: One-Sentence Journal

On the foggiest days, try this:

“Today I feel _____, and that's okay.”

“Right now, I need _____, even if I can't have it yet.”

Write it on a sticky note. Stick it somewhere tender. You are doing beautifully hard things.