

# Journaling Prompts

## Silence and the Stories I Tell Myself

### How to Use This

The silent treatment doesn't just happen around you, it happens inside you. When someone goes quiet, your mind fills in the blanks. You create stories about why they're doing it, what it says about you, and what you should do next.

This set of 15 journaling prompts is designed to help you:

- Understand how silence triggers your nervous system
- Reflect on childhood or relationship patterns
- Identify the false beliefs you've absorbed
- Rewrite the internal script from shame to self-worth

Set aside 10–15 minutes per day with a few prompts. Go slow. Be curious, not judgmental.

### Journaling Prompts

1. When someone gives me the silent treatment, I immediately feel... because...
2. The last time this happened, I reacted by...
3. The message I believe silence sends me is...
4. I've learned to associate silence with...
5. My earliest memory of someone withdrawing love or attention was when...
6. I was taught that speaking up during conflict means...



7. I try to fix the silence by...
8. If I don't fix the silence, I worry that...
9. When I've given someone else the silent treatment, I was really feeling...
10. I confuse silence with...
11. I confuse love with...
12. A fear I have about using my voice is...
13. A time I stayed silent instead of speaking my truth was...
14. If I believed my voice was enough, I would...
15. A new belief I want to hold about silence is...

### **Final Reflection**

After you've worked through a few of these, ask yourself: "*What would I say to my younger self who learned silence meant rejection?*" Write that down too. You're not just healing how you deal with others, you're healing how you show up for yourself.