

# THROAT CHAKRA JOURNAL PROMPTS

Are you unable to speak from a place of truth?

Do you speak honestly what you feel is true?

What is your favorite form of communication and what do you love about it?  
Singing? Acting? Public Speaking?

Describe your style of communication. Do you have trouble expressing your opinions to others? Are you direct or do you back down?

What tension are you holding inside? Physically? Emotionally? Energetically? Spiritually? Write down the tensions you have for each.

I can release this tension by..

Are you currently feeling withdrawn from others or with yourself? Why?

What do you enjoy doing that is creative?

What is your favorite way to express yourself? Through writing? art/painting? clothing? Write down examples of each.

Do you ever feel conflicted or feel a lack of purpose? Why?

What absolutely lights up your soul when you see it, hear it, or speak about it?

When you were growing up, what was the form of communication within your family unit? Was it healthy?



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Was it hard to express your true feelings to family members or your parents?  
Does this affect how you communicate today?

Who is your absolute favorite person to talk to, and why?

Do you feel comfortable only talking to one person to express your opinions,  
dreams, and desires?

When growing up, were you an introvert or did you stay to yourself?

Did you have trouble connecting with others and being in teams or group  
settings in school?

Describe your first public speaking event or speaking in front of others.  
How did you feel? What did you experience and did this stay with you as a  
negative or a positive experience?

Were you ever bullied in school, or gossiped about and made fun of?  
How did this affect your life then and now?

Did something happen to you that made you back down, stay small, or not  
move forward in your adult life? Was it treatment or being bullied by others?

If you were to make changes in your life from past negative or positive  
experiences on how you express yourself or voice your opinion, what actions  
would you take now?

What would hold you back from making these changes?

Write down 50 positive things you are grateful for now in your life.  
Do this every single day and say them out loud.



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