

# JOURNAL PROMPTS

## FOR QUESTIONING YOUR SEXUALITY

01

WHEN WAS THE FIRST TIME A WOMAN MADE YOU  
PAUSE, BLINK TWICE, OR FEEL WEIRDLY SHY?  
DESCRIBE THE MOMENT.

Let the awkwardness flow, that's often where the truth hides.

WRITE DOWN EVERY MESSAGE YOU WERE TAUGHT  
ABOUT WHAT YOU WERE "SUPPOSED" TO WANT  
ROMANTICALLY.

Whose voice was that? Was any of it  
truly yours?

02

03

DESCRIBE A TIME YOU FELT RELIEVED AROUND  
A MAN AND MISTOOK IT FOR ATTRACTION.

What was actually happening in your  
body?

IN 30 SECONDS, LIST EVERYTHING YOU  
GENUINELY LOVE ABOUT WOMEN, NO  
OVERTHINKING ALLOWED.

04



05

IF SEXUALITY WASN'T POLICED, SHAMED, OR  
Labeled, who would you choose to love  
freely?

Let your imagination run.

WHAT PARTS OF YOURSELF FEEL THE MOST  
ALIVE WHEN YOU'RE AROUND WOMEN?

06

07

WHO WAS YOUR "THIS FEELS DIFFERENT AND I DON'T  
KNOW WHY" GIRL? WHAT WAS IT ABOUT HER?

WHAT DID HETEROSEXUALITY ALWAYS FEEL LIKE FOR YOU:  
OBLIGATION, SAFETY, PERFORMANCE, COMFORT,  
DISTRACTION, GENUINE INTEREST, OR SOMETHING ELSE?

08

09

Write how old you were when you  
realized you might not be  
straight – using your non-  
dominant hand or your feet.



10

WHEN YOU IMAGINE YOUR FUTURE (HOLIDAYS, AGING,  
QUIET SATURDAYS) WHO'S STANDING NEXT TO YOU?

Names optional. Vibes count.

11

WHAT DOES DESIRE FEEL LIKE IN YOUR BODY?  
(NOT THEORY, SENSATIONS.)

Warmth, tightness, spark, curiosity, softness.

12

WRITE ABOUT A WOMAN YOU ADMIRE IN A WAY THAT MIGHT  
ACTUALLY BE ATTRACTION. NO JUDGMENT. JUST CURIOSITY.

WHAT STEREOTYPES ABOUT LESBIANS DO YOU  
REFUSE TO LET SHAPE YOUR IDENTITY?

13

14

Write a letter to your younger  
self who was trying so hard to  
be straight. What does she  
finally get to know now?