

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.

06

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

07

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

08

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

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.

13

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

14

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

