

My Story Journal

A guided journaling experience created to encourage reflection, healing, and personal connection.

How to Use This Journal

This journal is a space for reflection, honesty, and personal exploration. The prompts are designed to help you think about adoption, identity, belonging, relationships, and healing. You are invited to move at your own pace. There is no expectation to answer every question. You may pause, skip prompts, or return to sections at any time. Writing can be a powerful way to process emotions and honor your personal experiences. As you write, remember to be gentle with yourself. If difficult feelings arise, consider reaching out to someone you trust or a licensed mental health professional for support.

Pause. Breathe. Continue when ready.

Affirmations for Your Journey

- Your story matters.
- Your feelings are valid.
- You are allowed to ask questions about your past.
- You deserve belonging, connection, and understanding.
- Your experiences are worthy of compassion.
- Healing is not linear, and your pace is enough.
- You are not alone.

Early Experiences & Awareness

What is one of your earliest memories connected to being adopted?

When did you first realize you were adopted, and how was it explained to you?

What emotions come up when you think about your early life story?

Are there parts of your story that feel unclear, incomplete, or missing?

What unanswered questions do you still carry?

Identity & Belonging

How has being adopted shaped the way you see yourself?

In what spaces or relationships have you felt the strongest sense of belonging?

In what ways have you felt different, disconnected, or misunderstood?

How would you describe your relationship with identity (culture, race, family, self-image, or purpose)?

What parts of yourself are you still discovering?

Emotional Landscape

What emotions have most often shown up in your adoption journey?

How do you usually express or cope with these feelings?

Are there losses you feel but don't always know how to name?

What has been hardest to carry?

What has surprised you about your own strength?

Relationships & Connection

How has adoption influenced the way you connect with others?

What has love looked like in your life?

What have you needed from others that you didn't always receive?

Who or what has supported your healing the most?

What does family mean to you today?

Healing, Growth & Meaning

What has helped you begin healing (or what do you hope will)?

What lessons has your life taught you so far?

Where do you see growth in yourself?

What are you reclaiming or redefining in this season?

What does healing mean to you personally?

Owning My Story

If your life were a chapter in a book, what would this chapter be called?

What is something you wish people understood about adoptees?

What truth are you learning to speak or honor?

What part of your story deserves more compassion?

What part of your story are you proud of?

Closing Reflection

Thank you for taking the time to reflect and write. Your story matters. Your voice has value. Your experiences deserve compassion and understanding. We hope this journal helped create space for reflection, healing, and connection. Continue honoring your journey and leaning on the people and communities that support you.