



JOURNALING PROMPTS

as shared by Becky Higgins

specifically for mothers of LGBTQ+ children | created for Lift + Love

1 - THE POWER OF “AND”. Write a few statements of “(This) AND (this)”. Start with something that might feel scary or uncertain or threatening or negative in some way ... AND share something positive to counter each point. No “buts”.

2 - SEEDS OF GREATNESS. Write down some of your child’s “seeds of greatness” / positive traits / spiritual gifts. Be sure to share your thoughts with them – verbally or in writing or both!

3 - JOURNEY OF LEARNING. What is something your child is teaching you? Or what are some of the things that you are learning because of the unique journey you’re having with your child?

4 - STRENGTHENED FAITH. Which piece of your faith is being strengthened through this experience?

5 - EVIDENCE. What are a few examples of God’s hand in your life that serve as evidence of His love for you / your child / your family?

6 - SPIRITUALLY DEFINING MOMENTS. Write down a few spiritually defining moments you’ve had throughout this experience so far. Some of these moments might be revelatory or perhaps they’re simply “defining” in some other way.

7 - BEING PREPARED. Has there been something in your life that you now see as instrumental in preparing you for this season in your life?

8 - ADVICE. Based on what you have personally experienced, what advice would you give to someone else who is brand-new on this path as a parent / loved one?

9 - WORDS OF COMFORT. Is there a scripture or quote that brings you comfort when you are struggling or feeling down or running into a roadblock in this journey?

10 - BLESSINGS. What are the blessings that you are able to recognize because of this experience and because of your role as an LGBTQ+ mom? Be as specific as possible.

11 - POSITION YOURSELF. What are the proactive things you are doing in your life to position yourself for greater understanding, further light and knowledge, and increased peace?

12 - YOUR ROLE. What do you feel is your sacred role and responsibility in your child's life, and perhaps even beyond that?

13 - SPIRITUAL GIFTS. What is one of your spiritual gifts that you can apply in your role as a parent, that can be a blessing in your relationship with your child? What is one of your spiritual gifts that is helping you to navigate this experience with a "brightness of hope"? Or list several spiritual gifts and what the application has looked like, or what it CAN look like.

14 - HEAVEN IS CHEERING YOU ON. If you believe in heavenly support or the idea of "heaven cheering you on", what do you imagine They would be saying to you right now, in this moment?

15 - RESOURCES. What are the resources you have turned to, to increase your understanding and strengthen your faith, specifically in this space?

16 - FRUITS OF THE SPIRIT. What "fruits" are you seeing from the effort you're putting in and from the way that the Lord is showing up in your story because you are choosing to partner with Him?

17 - STORY TIME. Write a bit about your story and the journey up to this point. Were there "hints" or "signs" that helped to prepare you – or not really? Share about your child coming out to you and how that experience impacted you. Write about the mistakes you've made and what you have done to make it right, or what you wish you could have done differently. Recognize that if you're feeling regret, you have the opportunity to replace that with RESOLVE.

18 - CALLED. Have you felt "called" in some way, big or small? What have you felt called to do? It could be really personal in terms of working on yourself, or something to do with your child, or it could even be outward-facing, with how you can make a difference in other ways.

19 - OPPOSITION. What opposition have you felt? (Examples: self doubt, shame, the responses of loved ones, naysayers, roadblocks that stemmed from once being close-minded / uninformed, confusion, exhaustion, insecurities, etc.)

20 - SYMBOLS. How do you show your love / support / advocacy – whether for your child or the LGBTQ+ community, or ALL of it? This does not need to look like marching in the front of the parade or hanging a flag from the front of your house, although those are great too. Write what these "symbols" mean to you, personally.



21 - RIGHT NOW. TODAY. What is something the Spirit is teaching you, or impressing on your heart, or reminding you about today? In this actual moment?

22 - RELATIONSHIP. In a perfect world, what does your relationship with your child look like? Be specific. Dream big. What is your role in getting you two closer to that ideal place in your relationship?

23 - THANK THEM. Write a gratitude letter to your Heavenly Parents or the Savior (whatever feels most “fitting”), expressing what you feel grateful for in this aspect of your life.

24 - MIRACLES. What is a miracle you have witnessed throughout this journey so far? Perhaps there are several miracles you could write down.

25 - RIGHT AND WRONG. Sometimes we have a hard time discerning what’s “right” and what’s “wrong” and we may not actually know! Take a moment to write what DOES feel right for you, right now.

26 - WHAT IF. Write some “What if” questions / statements that are helpful for your mindset. Keep it personal. Examples: What if these are experiences that God is using to help prepare me for something remarkable? What if it were true that an army of angels is carrying me through this experience? What if my child’s courage is what ends up saving someone else’s life?

27 - WHY YOU STAY. If you are currently choosing to stay “active in the Church,” or active in your covenant relationship with God, write a little bit about WHY. What’s keeping you there? Why is it important to you? How does staying feel aligned with your core values?

28 - YOU WERE BORN FOR THIS. Complete this sentence: “I was born for this. I was born to be _____’s mother. I was born to ... ” (and write about some of the convictions you have ... or WANT to have!)

29 - HIS ROLE; MY ROLE. As you partner with the Savior in all of this, write what you believe is HIS role and what you believe is YOUR role.

30 - THINGS OF YOUR SOUL. Write anything ... whatever comes to your mind ... and from your heart. Write it messy. Be honest with yourself. Spill your guts. Say it all!

