

October

# COMFORT

THE FLOWERGAMES



# The Flowergames

Copyright © 2024

Modified  
AI generated  
prompts to make  
writing fun

Writing dates



## Disclaimer:

The Flowergames is designed to be a tool for creative self-expression and exploration. It is not intended to be a substitute for professional mental health or therapeutic advice. If you are struggling with significant emotional or psychological difficulties, please seek guidance from a qualified professional. While the journal prompts and exercises are designed to inspire and encourage creativity, they may not be suitable for everyone. Use your own discretion and adjust the activities as needed to fit your individual needs and comfort level.

The author and publisher of this workbook are not responsible for any outcomes or experiences that may arise from using this journal.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

**Write about a table filled with comfort food**



**Describe a specific object that brings you a deep sense of comfort. Why is it so meaningful to you?**

---

---

---

---

---

---

---

---

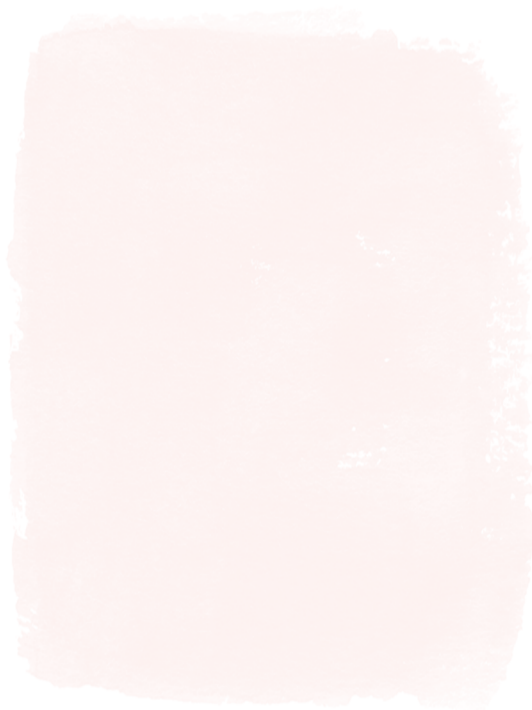
---

---

**S e l f - c a r e**



**I d e a**



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

## Write about a character out of her comfort zone

**What are your go-to sources of comfort when you feel tired?**

---

---

---

---

---

---

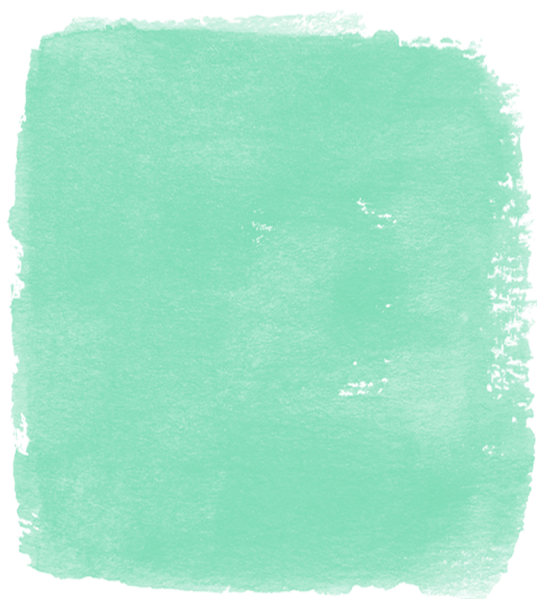
---

---

---

---

**S e l f - c a r e**



**I d e a**



**Write about a character who finds comfort in an unfamiliar place.**

# Notes

©