



# Safe Space Journal: Writing Prompts for Young Adults (Personal Places) (Volume 1)

*Lisa Frase*

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Everyone should have a safe place to express their emotions and feelings. Writing is therapeutic and a great way to think, ponder, and reflect on life and the world around you. There are 100 one to five word writing prompts, each with two lined pages that gives space to the writer to express their thoughts in private while pushing boundaries and stretching thinking.

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