



POETRY PROMPTS

- Raindrop's view of a storm
- One stanza per season
- A mountain tells its story
- Loneliness in color and sound
- Poem to your younger self
- Anxiety through the senses
- The goodbye you never said
- Regret from another's view
- Lost love as water imagery
- Describe your dream as an object



POETRY PROMPTS

- Time speaks directly to you
- A city that exists at midnight
- Poem starting with "What if..."
- Silence as a character
- Hope and despair in dialogue
- Forgotten item in your pocket
- Daily ritual as something sacred
- Commute as a mythical journey
- Write a palindrome poem
- Blackout poem turned free verse



DARK POETRY PROMPTS

- A love that rots from within
- The weight of an unspoken secret
- A smile that hides a scream
- A forest that whispers your name
- A world where no one sleeps
- The moment just before a disaster
- A ghost that won't let go
- A life lived in the shadows
- Eyes that see only sorrow
- Darkness as a home, not a fear



DARK

POETRY PROMPTS

- A letter from your shadow
- The last thoughts of a dying star
- A dream that refuses to end
- A mirror that shows your worst fear
- Grief as a living creature
- A house that eats memories
- The sound of silence after betrayal
- A conversation with death
- A heart that turns to stone
- The feeling of being forgotten

POETRY PROMPTS

For Beginners

- DESCRIBE YOUR FAVORITE PLACE USING YOUR FIVE SENSES
- WRITE ABOUT A CHILDHOOD MEMORY
- A POEM ABOUT YOUR FAVORITE TIME OF DAY
- USE A COLOR TO DESCRIBE A FEELING
- WRITE A POEM ABOUT SOMETHING YOU LOST
- DESCRIBE YOUR MORNING ROUTINE LIKE A STORY
- A CONVERSATION BETWEEN THE SUN AND THE MOON
- WRITE ABOUT HOW RAIN MAKES YOU FEEL
- A POEM ABOUT SOMETHING SMALL THAT MATTERS TO YOU
- DESCRIBE YOUR FAVORITE SEASON AS IF IT WERE A PERSON

POETRY PROMPTS

For Beginners

- WRITE A POEM THAT STARTS WITH "I REMEMBER..."
- A LETTER TO YOUR FUTURE SELF
- DESCRIBE A SOUND THAT BRINGS YOU COMFORT
- WRITE ABOUT A DREAM YOU'VE HAD
- A POEM ABOUT YOUR FAVORITE FOOD
- DESCRIBE YOUR DAY IN JUST THREE STANZAS
- WRITE A POEM USING ONLY QUESTIONS
- A POEM ABOUT SOMETHING THAT MAKES YOU
SMILE
- DESCRIBE THE SKY IN A WAY NO ONE ELSE WOULD
WRITE A POEM THAT ENDS WITH A SURPRISE

Biblical

POETRY PROMPTS

A poem inspired by the
Beatitudes ("Blessed are...")

Describe the moment the
veil tore in the temple

A conversation between
faith and doubt

Write a modern-day lament
like the book of
Lamentations

Biblical

POETRY PROMPTS

A poem about walking on
water—literally or
metaphorically

A modern retelling of a
parable in verse

A poem as if written by a
prophet in a noisy world

A poem wrestling with grace
—undeserved but freely
given

Biblical

POETRY PROMPTS

The silence of God in your
darkest hour

Speak to God as Job did—in
honesty and anguish

A psalm of gratitude for
ordinary miracles

Write from the viewpoint of
Mary at the foot of the cross

Biblical

POETRY PROMPTS

Rewrite a Psalm in your own
words

A poem from the perspective
of Eve after Eden

Describe the flood from the
eyes of a raven or dove

A poem as if written by a
wandering Israelite in the
desert

LOVE

POETRY PROMPTS

- When your eyes met mine, the world forgot its noise.
- Love feels like a secret language written in glances.
- The warmth of your touch lingers longer than the sun.
- In the silence between us, a universe unfolds.
- A kiss becomes the clock's rebellion against time.

LOVE

POETRY PROMPTS

- Distance tastes like saltwater waves on the heart.
- Our love blooms like a hidden garden under moonlight.
- Holding your hand feels like carrying galaxies.
- Your shadow follows me even in my dreams.
- Promises whisper louder than centuries.

Poetry Prompts

Breakup

- The goodbye still echoes louder than your name.
- Love left, but the silence stayed behind.
- I keep finding you in places you never were.
- The bed remembers your shape better than I do.
- Our laughter turned into ghosts in these walls.

Poetry Prompts

Breakup

- I stitched my heart with threads you never returned.
- Your absence feels heavier than your presence ever did.
- The photographs smile while I learn how not to.
- I water the flowers we planted, though you're gone.
- Love became a wound that refuses to scar.

Poetry Prompts

Breakup

- The song we shared now burns in my throat.
- I write letters to you that I never send.
- Our story ends mid-sentence, ink still wet.
- The future we dreamed sleeps in a grave of “almost.”
- I kiss the air where your lips used to be.

DARK

POETRY PROMPTS

- A love decomposing while it's still alive
- The comfort of wanting to disappear
- A secret feeding on your silence
- Smiles stitched over open wounds
- A body moving long after the soul left
- Nights that teach you how to hate mornings
- A mirror reflecting someone already gone
- Breathing as a form of punishment
- A future sealed shut before it began
- Learning to live with the rot inside

DARK

POETRY PROMPTS

- A heart still beating out of spite
- Waking up already tired of being alive
- A mind that has learned too much
- Love turning poisonous with time
- A soul rotting quietly behind routine
- Existing as an unfinished goodbye
- A scream swallowed by everyday life
- Hope dying slowly, without witnesses
- A life that feels like a punishment
- Staying alive only because death hasn't asked yet

DARK

POETRY PROMPTS

- A life slowly collapsing under its own name
- Love surviving long enough to become a curse
- A body learning how to function without feeling
- Days that blur together like unanswered prayers
- A heart bruised by hope itself
- The quiet exhaustion of continuing
- A soul buried beneath responsibilities
- Memories that hurt more than loss
- A future that feels already abandoned
- Existing in the aftermath of yourself

DARK

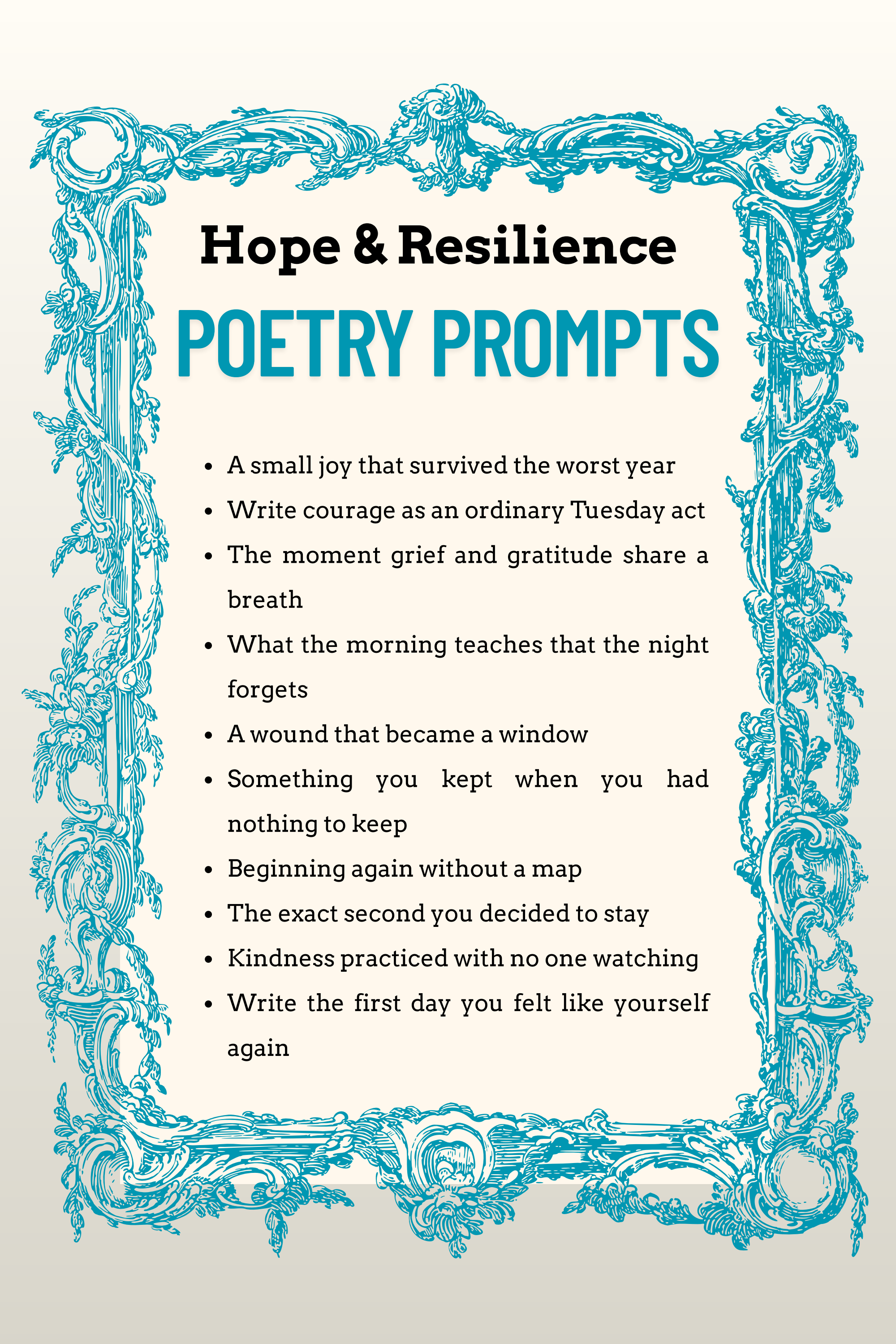
POETRY PROMPTS

- Sleep that feels too close to disappearance
- Dreams that hurt more than waking life
- A bed that remembers every breakdown
- Closing your eyes to escape, not to rest
- Nightmares that feel like honest memories
- A body afraid of sleep because of what waits there
- Insomnia as a form of punishment
- Sleep that never feels deep enough to save you
- Waking up exhausted from surviving your dreams
- Nightfall as the loneliest part of the day

DARK

POETRY PROMPTS

- A memory leaving without saying goodbye
- Recognizing faces but not the love behind them
- A name dissolving on the tip of the tongue
- Living inside a mind that keeps rearranging itself
- A past that feels borrowed and unreliable
- Forgetting who you are while still feeling the loss
- A room full of familiar strangers
- Memories fading, fear remaining
- Being haunted by a life you can't remember living
- A mind slowly erasing its own evidence



Hope & Resilience

POETRY PROMPTS

- A small joy that survived the worst year
- Write courage as an ordinary Tuesday act
- The moment grief and gratitude share a breath
- What the morning teaches that the night forgets
- A wound that became a window
- Something you kept when you had nothing to keep
- Beginning again without a map
- The exact second you decided to stay
- Kindness practiced with no one watching
- Write the first day you felt like yourself again



Memory & World

Poetry Prompts

- *The last day of childhood, unnamed*
- *A clock that stopped and never missed it*
- *Nostalgia for a place that never existed*
- *Write Tuesday as if it were a person*
- *The version of yourself you almost became*
- *A memory borrowed from someone else's life*
- *What forgetting feels like from the inside*
- *The hour before a decision changes everything*
- *A photograph no one in it recognizes*
- *Time as a house with rooms you can't reenter*



LOVING AND LOSING

POETRY PROMPTS

- The invisible weight of loving and losing
- All the futures that died with one decision
- Grief that wears the costume of anger
- Loving someone you can no longer reach
- The version of them you still defend to yourself
- Things you rehearsed saying and never said
- Missing not them, but who you were with them
- The part of you that still checks your phone
- Apologizing to someone who will never hear it
- Carrying their absence like a second body
- A wound that only hurts when it rains



RELATIONSHIPS & BELONGING POETRY PROMPTS



- **The space between two people**
- **A friendship that ended without an argument**
- **The table where a family stopped talking**
- **Love that was real but still not enough**
- **Write a stranger you saw once and never forgot**
- **A home that felt like a waiting room**
- **What a parent doesn't say at the door**
- **Longing directed at no one in particular**
- **Two people sharing silence, differently**
- **The last hug that didn't know it was the last**
- **A letter written for an audience of one**



Body & Identity

Poetry Prompts



- What the skin keeps quiet
- Your hands as tools you didn't ask for
- A scar with its own version of events
- The face you wear for strangers only
- Hunger as something other than food
- Write your name as if it belongs to someone else
- The body after it has been through too much
- What your shadow knows that you don't
- A voice that sounds different in your own ears
- The self you leave behind in every room
- Breathing as proof you're still deciding

