Journaling

Journaling is a great positive coping skill to practice. Are you wondering where to start?

- Start off with answering any of these questions on the right. Consider cutting out these questions and using it as a bookmark in your journal.
- Write regularly, every day if possible.
- Write what you feel. There’s no right or wrong way to journal.
- If you are comfortable with it, bring your journal to your next therapy session to help you describe how you have been feeling and functioning over time.

For More Information
University of Michigan Depression Center
1-800-475-MICH or 734-936-4400
www.campusmindworks.org/
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- Did I feel anxious frustrated or angry at any time today?
- Did I have a positive interaction with another person today?
- Did I have a negative interaction with another person today?
- Is there a decision I’m trying to make today?
- Was there something or someone that made me laugh today?
- Did I experience any symptoms of depression today?
- Did I experience any side effects from my medication today?
- What was the biggest challenge I faced today?
- Did I use any of the strategies recommended to me in therapy today? If so, were they helpful?