

Journaling Worksheet

Things I am grateful for

When my children left home I felt...

Emotions I can't deal with in others

Songs I sing in the shower

Emotions I can't deal with in myself

Nightmares I have

Three things I don't like to think about

1. _____
2. _____
3. _____

Some of the things I love to do

What scares me the most about having cancer? If I could be anyone...

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How cancer has impacted my family The best day ever

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What prevents me from feeling close to others? Once when I was camping

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I still have a lot to learn, such as

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