UNIVERSITY OF MICHIGAN DEPRESSION CENTER

Journaling

www.DepressionToolkit.org

- 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?

This tool is intended to help you develop the healthy habit of journaling. Many people find keeping a journal useful in understanding emotions, managing stress, and making decisions and changes in their lives.

Remember: there are no right or wrong ways to journal; they key is to write regularly, every day if possible.

Your journal is personal; you do not have to share it with anyone. However, you may wish to bring your journal to appointments with your healthcare provider to help you describe how you have been feeling and functioning over time.

Use the questions at left as "thought starters" on those days when you may feel "stuck" and do not know what to write.

You may wish to cut out the questions as indicated and place them in your journal as a bookmark so that you can continue to refer to them as you journal.

For More Information

University of Michigan Depression Center
800-475-6424
www.depressioncenter.org

© 2003-2010 Regents of the University of Michigan