

Sample Journal/Diary Entries

Dear Journal,

I had a awful day at school, I got slammed into the locker by some jerk. Everyone laughed. I don't want to go back to school tomorrow.

Dear Journal,

I hate the way I look. I wish I was prettier, thinner, cooler, taller, shorter,....

Dear Journal,

My teacher says I need to have a balanced life. I can't figure out how to create a balanced life. Everything feels very out of balance....

Dear Journal,

My friend's dad just died. It stinks! I don't know what to say or do? What do I say to my friend whose dad is gone forever?

Dear Journal,

When I got my lunch there wasn't room for me to sit at the table with my friends. I wanted to hide or scream, I'm not sure which one. I ate with a bunch of kids whose names I don't even know.....

Dear Journal,

My friend said something so mean to me, I hate them.

Dear Journal,

My best friend is moving away. I'm not sure what I'm going to do without them....

Dear Journal,

I just got in trouble for something that wasn't even my fault. It wasn't that big of a deal, but at school they made a huge deal of it. I don't want to go to school tomorrow....

Dear Journal,

When I get up in the morning I get nervous when I think about going to school.

Dear Journal,

I am so stressed all the time. My parents put so much pressure on me, Well, I really put lots of pressure on myself. I don't think anybody understands how stressed I am feeling.

Dear Journal,

There is a kid at school that is so mean to me. I'm sure they just seek me out to be mean. Today was the worst. I'm going to get even.

Dear Journal,

I am so alone. My parents don't understand. My friends don't have a clue.

Dear Journal,

I failed my test. My parents are going to be so mad. I'm not sure what to do next?

Dear Journal,

Today at school someone made fun of my clothes. I don't want to go back tomorrow.

Dear Journal,

Last night my dog died. I'm not sure what to do with my feelings. I'm sad, I'm mad. I want to yell and scream.

Dear Journal,

I am so anxious about the upcoming sporting event. I already threw-up. I can't concentrate....

Dear Journal,

I am so far behind in school. I will never catch up. I don't think my teacher cares. I'm going to have to repeat sixth grade.

Dear Journal,

I can't figure out my school locker, I don't want to let anyone know.

Dear Journal,

Lately I have been thinking I don't belong here. I don't have friends, the ones I have don't care. I feel like I should be invisible.

Dear Journal,

My teacher said I have the wrong notebook. My parents won't buy another one. We don't have any money....

Dear Journal,

I really need to talk to my teacher about missing assignments but I am scared to talk to this teacher...

Dear Journal,

My friend is thinking about suicide and asked me not to tell anyone. What should I do?

Dear Journal,

I am very emotional, I want to cry but my dad will call me a sissy, and my friends will laugh...

Dear Journal,

I am feeling like I am very different.

Dear Journal,

Last week my Grandpa died. I don't feel like doing anything. I just want to stay in bed all day.

Dear Journal,

I am pretty sure I need to call into sick, I didn't get my homework done and there is a big test.

Dear Journal,

There is something posted mean about me on Facebook and everyone will know.

Dear Journal,

Yesterday my friend took a picture and posted it on Snapchat, it is terrible...