





**Instructions: Please write responses to the following questions.**

**1. Besides today, have you ever kept a journal before? If so, what was that experience like?**

---

---

---

**2. How is journaling different from talking to someone?**

---

---

---

**3. What do you think are some of the benefits of journaling?**

---

---

---

**4. What is the difference between writing or speaking your reflections?**

---

---

---