

## A Personal Journal

A daily journal is a form of personal writing. Keeping a journal demands the writer to describe, to explain, and to share thoughts and feelings. Since the audience of the journal is the same writer, it is a great opportunity for him or her to write about anything and everything that seems important or meaningful. This is in way a historical record.

This crisis provides a great opportunity to start and keep a personal journal. Think about reading it in the future. Maybe you will read it in a year or two and remember better how you lived during this unique time in your life.



There are three basic questions that an entry of a journal answers:

- 1) **What happened today?** Many things can happen during the day. However, a journal is not a report of all of them. The writer should choose one of those events. Usually, it is easy to choose one event or episode among some because it is special, unique, important, or meaningful for the writer.
- 2) **What do I think about it?** After describing or narrating the topic, the writer expresses their thoughts. Is it right or wrong? Is it a good idea or not? Does that event make the writer remember other similar situations or people? Is this strange, or common? Does the event teach a lesson, or has a moral?
- 3) **How do I feel about it?** The event prompts a feeling or perhaps more. It can be any feeling: happiness, sadness, fear, hope, anger, hopeful, confused, anguish, shame, pride, etc. The writer needs to detect how the chosen event makes them feel.

***Remember, journal is personal. This means that it is for you. I will be asking if you are doing it, but I only will read it if you want to share it. I would provide feedback and advice on how to write more proficiently, if I read your journal.***

Below, there are two examples of journal. Read them, see if you find them useful, and start your own journal today.

Thursday, April 23, 2020

This morning we received the news from New York that my Grandmother tested positive for the Covid-19 virus. My mom's sobbing made it hard for her to tell us. At noon, my parents and my brother Michael were eating very quietly. It looked like all of us had promised not to talk about it during lunch. Michael, my little brother, looked like confused, as if he did not understand what was going on. My mom was moving slowly, as if she was distracted. My dad at times stared at me but with no intention to tell me anything.

When I heard the news, I immediately remembered that New York City is the place where the Covid-19 has done the worst. I thought about the last time my grandmother came to visit. Even I thought what a bad idea it was when Mom talked about going to New York City. My parents knew it was not possible to travel during the quarantine. The thought of grandmother dying alone was too much for my mother.

This morning was both sad and scary. My mom's tears made me cry as well. But when she said she wanted to go to New York City, I felt anxious. I felt small and fragile looking at my parents so anxious about the bad news. There were more phone calls that made us feel worse. I am going to bed hoping for good news in the morning.

Monday, April 20, 2020

I could not believe it! My parents went to Costco in the morning and brought three more huge packages of toilet paper. They did not bring anything else. Now, we have twelve bulky packages of about twenty rolls each, and they are putting these in my bedroom!

How could they do that? I thought to myself. Just a week ago, I had laughed loudly at people hoarding toilet paper when the news showed some of these hoarders having problems carrying them to their cars. Come on! We are only three in this two bedroom apartment. I calculated that I have about sixty rolls of toilet paper for me alone. What are my parents afraid of that needs this much toilet paper?

I do not know how to feel. Dad tells me to feel safe because he is preventing a possible problem due to the lack of this kind of paper. But, I feel embarrassed. I am confused because my parents say they are acting cleverly, but I do not see it that way. If they had asked me before going to Costco, I would hoard gallons of Ice cream!