

# Patient Personal Journal

First Name \_\_\_\_\_ Date \_\_\_\_\_

## Journal Question #1:

Reflect on your day. How did it flow? How did you feel? Who was a part of it? What three words best sum up your day (ex: surprising, annoying, peaceful)?

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## Journal Question #2:

Describe three fears that lung cancer is forcing you to confront. When do you feel these fears the most intensely? Why? Could someone help you with one or all of your fears? If so, how?

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## Journal Question #3:

You may feel lung cancer has put others in charge of your life. How does that make you feel? (Describe the ways lung cancer has taken control.)

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**Journal Question #4:**

If you could tell someone diagnosed with lung cancer one important thing, it would be:  
(ex: an inspiring message, a lesson learned, an encouraging thought, an acquired wisdom)

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**Journal Question #5:**

Who were you before lung cancer? What did you love to do? What were you known to do? What could you do? Is that person still there?

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