

Caregiver 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)?

Journal Question #2:

Describe three fears that your loved one's lung cancer is forcing you to confront. When do you feel these fears the most intensely? Why?

Journal Question #3:

You may feel your loved one's lung cancer has put your life on hold. How does that make you feel? (Describe the ways lung cancer has taken control.)

Journal Question #4:

If you could tell someone who just learned a loved one has lung cancer an important piece of advice, what would it be (ex: an inspiring message, a lesson learned, an encouraging thought, an acquired wisdom)?

Journal Question #5:

If you could become an advocate for others with lung cancer, what role would you like to play? What would you like to see change or improve in specific areas for people with lung cancer? What areas interest you? And why?
