

Diary

Sympathise and connect



Date: _____



Large lined area for writing the main diary entry.



Lined area for writing about what the HCP said.



Lined area for writing about how the user felt.

Diary

Sympathise and connect

What I
hope for

A large rectangular box with a dotted border and horizontal lines, intended for writing. It is connected to the 'What I hope for' thought bubble by three small circles.

What I want
you to know

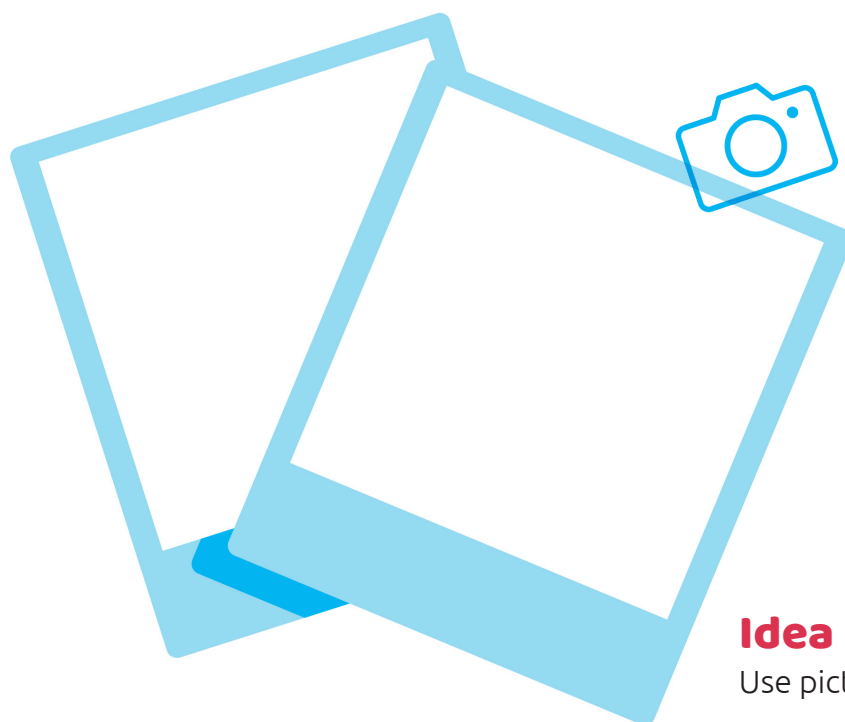
A large rectangular box with a dotted border and horizontal lines, intended for writing. A pencil icon is positioned at the top right corner of the box.

What I've
always wanted
to share

A large rectangular box with a dotted border and horizontal lines, intended for writing. It is connected to the 'What I've always wanted to share' speech bubble by a tail.

Diary

Sympathise and connect



Idea

Use pictures, photos or scraps to show your feelings. They can be taken from anywhere.