**MY DAILY JOURNAL ENTRY**

Name: Tutor: Date:

**THE TEXT MY THOUGHTS**

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| What happened (the event or events)? | Your connection to the event(s): |
| Where? | How do you feel about the event(s)? |
| When? | Why do you feel this way? |
| Who was involved? | My questions about the situation |
| Why did the event(s) occur? | My Predictions: |
| Results/consequences of the event(s): |  |