

# MY DAILY JOURNAL



Day: \_\_\_\_\_

Date: \_\_\_\_\_

## I WANT TO STOP BULLYING

Just write to get your thoughts and feelings out. Don't worry about grammar, spelling or punctuation. If you need more space, write on the back, or add more pages. If a picture or poem would help, do it! There is no right way. There is no wrong way. This is your journal.

### What did you say or do to hurt another person?

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### Why did you choose that person?

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### How did it make you feel?

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## LEAVE ME ALONE!

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**Had something happened to upset you, make you sad or make you angry?**

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**Who was involved and what were they doing?**

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**What do you wish had happened instead?**

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**What adult do you trust to ask for help?**

**When will you discuss this with him/her?**

**What do you want to happen?**

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**LEAVE ME ALONE!**