

## Journal Topics

(The following are for your use IF and WHEN you can't think of something to write about.)

1. The person I feel the closest to is...
2. The last time I remember being furious was...
3. One thing that really embarrasses me is when...
4. Am I a participant or observer?
5. Sometimes the weather really affects me...
6. The creature that frightens me most is...
7. Describe your own appearance, as though you wanted a blind person to see you.
8. What television commercial do you really hate to see?
9. Describe something that you consider beautiful.
10. What is the hardest part of growing up?
11. The worst thing about being a teenager is...
12. If you could have it all exactly your way, how would you celebrate your next birthday?
13. Explain how you feel about a certain handicapped person you know.
14. Describe something you have made that you are proud of.
15. Who is your primary hero or heroine? Why?
16. Write a letter of appreciation to someone who has helped you at a crucial time in your life.
17. Describe your favorite place.
20. Describe a dream or night mare that you can remember.
21. Describe the time that you were most proud.
22. Describe your favorite meal.
23. One thing that I can admire about myself is...
24. One thing I'm paranoid about is...
25. If I could be voted "most ," what would it be?
26. Describe your favorite song.
27. I will know that I have grown up when...
28. One thing that really makes me laugh is...
29. The last time that I cried was...
30. Some mixed feelings I have right now are...
31. Real power is...
32. An unusual power that people have is...
33. How I feel about my religion:
34. Sometimes I let other people think for me..
35. Do I trust what I hear?
36. Who makes my decisions for me?
37. One way that I really feel handicapped is...
38. One thing that I would like to remember about my high school days is...
39. A struggle I'm having right now is...
40. One thing that really makes me feel peaceful is...
41. In my daily life, which do I do more? Act or react?
42. Is there anyone I'd trade lives with?
43. What's the difference between childish and child-like?
44. How I would feel if our nation went to War...
45. How I define violence
46. Where would I most like to live?
47. Outside of school, what is something you learned last week? Today? Last year?

48. Can two opposite things both be true?
49. Can you remember hearing messages in silence?
50. What IS real insanity?
51. If you were a pebble in a stream, would you flow or settle?
52. If you could go back in time, what time period would you pick?
53. Do you believe in ghosts? In reincarnation?
54. Can you think of anything that is really free?
55. What are some things that no one can take away from you?
56. What would your life be like if you lived like a sailor on the ocean?
57. How can humans affect their own atmosphere?
58. What messages have you gotten today from someone else?
59. Do you ever think about getting old?
60. If you were invisible, what would you do first?
62. If you had to restructure all the rules you live by, what would be the first rule?
63. What about clouds?
64. What can you learn about yourself from watching other people?
65. What really happens to you when you die?
66. What are some advantages and disadvantages of what you're wearing right now?
67. How do you like to spend your spare time?
68. What would you change about school, for your children?
69. What would you like to change about the way you live?
70. What do you think is really wrong with the world?
71. What is one thing that you think is really right with the world?
72. How do good times affect you?
73. What do you suspect that other people think of you?
74. What would you do if you were president?
75. What decisions are parents most willing to let their children make?
76. What decisions are parents most hesitant about leaving for their children?
77. What do you feel is the hardest thing to understand about your parents?
78. What are the things you enjoy most about your parents?
79. What things will you do differently from your parents when you have your own children?
80. What will you do the same as your parents when you have children?
81. Do parents understand their children better than the children do themselves? Ever?
82. What do you think is the hardest thing about being a parent?
83. Do teenagers really need parents?
84. How do the following create conflict between parents and teenagers?
  - \*how money should be spent
  - \*discipline
  - \*privacy
  - \*friends
  - \* clothes
  - \* homework
  - \*moral values
  - \*the future
  - \*sex
  - \*being in love
  - \*social activities