

## Lesson 3: Quiz 2 - Personal Journal

**Directions:** Answer the questions that follow.

1. Do you enjoy writing in your journal? Please explain your answer.
2. What do you think is the difference between a personal journal and Dora's calendar journal?
3. Why do you think it is a good idea to keep a personal journal in a safe and private place?
4. Do you think that **getting it off your chest** by writing in a journal could be therapeutic and help reduce stress? Explain your answer.

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5. Why was Dora upset in her first journal entry?

6. What action did she take to feel less stressed and upset?

7. In your opinion, what were Dora's feelings in her second journal entry?