# MyTherapyJournal.com

DAILY INSPIRATIONAL QUOTE

Whenever something good happens, write it down. Buy a special notebook... and use it to list all the good in your life.

- Peter Mc Williams & John-Roger

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# **WELCOME TO YOUR ONLINE JOURNAL!**

My Journal

My Journal Entries

My Progress Questions

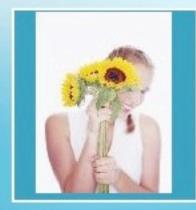
answer questions

manage questions

My Progress Graph

My Account

#### "Sunflower7"



Good Morning Sydney. Change your life through words.

Total Journal Entries:

## My Progress Questions - Manage Questions - Select Categories

Welcome to your Progress Questions. Select your categories and manage your questions that you are tracking alongside your own Progress Graph SM. Journal Inspired and Diagnosis Inspired categories are each composed of 7 preset questions to guide your desired progress. You can also create your own and add up to 7 Self Inspired categories with customized questions by clicking on "Create A Category". Remember to check the boxes for all categories you plan to track and visualize on your personal Progress Graph SM.

#### Select Your Categories:

Save Your Categories

### **JOURNAL INSPIRED**

Gratitude

View Ouestions

**Insecurity** 

View Ouestions

☐ Grief

View Questions

☐ Joy

View Questions

Family Time

View Questions

Forgiveness

View Questions

☐ Anger

View Questions

# **DIAGNOSIS INSPIRED**

Depression

View Ouestions

Anxiety

View Ouestions

□ Substance Abuse

View Questions

Attention Deficit Disorder

View Questions

□ Panic Disorder

View Questions

View Questions

□ Obsessive-Compulsive

Disorder

View Questions

### **SELF INSPIRED**

Creativity

[edit]

Dating

[edit]

Create A New Category

Save Your Categories