

Recovery Process Journal

The questions below can help you reflect on your experience as a caregiver. You can write your thoughts here, copy this page and add it to your journal if you keep one, or reflect on these questions in your journal.

What have the doctors told me about my service member/veteran's injury? Describe the injury as best you can, in your own words.

What are my strongest fears or concerns at this moment in time?

What do I feel joyful or optimistic about?

