

*Date:*

*Dear Diary,*

Today I feel guilty and confused about

I don't know how to talk about it or deal with it because

I know this confusion is normal and a sign that I am actively thinking about my responsibilities as a traveller.

Here is what I can influence:

This is beyond my power:

I know I can't change the world. I will take a deep breath first and pause a few moments or even a few days. Then I will do this:

*Yours,*