

# Diabetes: Tracking My Feelings

You can complete this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

Fill in the following information about any negative feeling you have about diabetes.

My feeling is (for example, resentment):

I have this feeling because I think (for example, I resent the fact that I have diabetes and should eat less of some foods that I like):

I will let go of this feeling by (check all that apply):

- Writing about what I feel and reading out loud what I wrote.
- Noticing positive changes (for example, feeling better when I eat more healthy foods.)
- Talking with my family members or members of a diabetes support group.
- Talking with my diabetes health professional.
- Talking with a mental health professional. This feeling is really difficult for me and I would like to talk with a mental health professional about it.