# Article information:

15 Things To Write In A Diary If You Had One Today
<https://www.elitedaily.com/lifestyle/what-to-write-in-diary>

# Article summary:

1. Writing in a diary can help alleviate anxiety and relax you.

2. There are many things to write in a diary, including travel goals, aspirations, and favorite dishes.

3. Keeping a diary can also serve as a way to mark your progress and reflect on your growth over time.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "15 Things To Write In A Diary If You Had One Today" provides a list of potential topics for individuals who want to start journaling. The article suggests that journaling can help alleviate anxiety and stress, and it encourages readers to pick up the habit again as adults. While the article offers some useful suggestions, it also has some potential biases and missing points of consideration.

One potential bias in the article is its focus on positive aspects of journaling without acknowledging any possible risks. While journaling can be therapeutic for many people, it can also be triggering for those with certain mental health conditions. The article does not mention this possibility or provide any guidance on how to approach journaling if one has a history of trauma or other mental health concerns.

Another potential bias is the article's emphasis on personal goals and aspirations, which may not be relevant or accessible to all readers. For example, the suggestion to write about travel goals assumes that readers have the financial means and freedom to travel, which may not be true for everyone. Similarly, the suggestion to write about asking for a raise assumes that readers are employed and have job security, which may not be true for those who are unemployed or underemployed.

The article also has some missing points of consideration. For example, while it suggests writing about crushes as an adult, it does not acknowledge that this could potentially be inappropriate or unethical if one is in a committed relationship or if the crush is a coworker or friend. Additionally, while it suggests writing down usernames and passwords in a diary, it does not address the potential security risks of doing so.

Overall, while the article provides some useful suggestions for those interested in starting a journaling practice, it could benefit from more balanced reporting that acknowledges both the benefits and risks of journaling and considers a wider range of perspectives and experiences.

# Topics for further research:

* Risks of journaling for individuals with mental health conditions
* Trauma-informed approaches to journaling
* Journaling for individuals with limited financial means or job insecurity
* Ethical considerations when writing about crushes in a journal
* Security risks of writing down usernames and passwords in a diary
* Diverse perspectives on the benefits and drawbacks of journaling

# Report location:

<https://www.fullpicture.app/item/03701ad3ada9aab59a9f527e53f6106a>