



# Honesty Journal: For People Living with IBD

*Leigh Kelly*

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## **Honesty Journal: For People Living with IBD** Leigh Kelly

The "Honesty Journal" for people living with IBD offers a way to capture thoughts both negative and positive. Those who suffer from Crohn's Disease, Ulcerative Colitis, or other bowel disorders often suffer in silence. Being honest with yourself about your health is key to getting the best care. These illnesses aren't easy to talk about in polite company. This journal allows for self expression and a way to creatively record important information about your symptoms, mood, medications, and doctors. The journal offers prompts to get you started recording your thoughts.

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