



*Surviving a Book Hangover  
Guided Journal*



*What was the worst thing about this book?*



A series of 20 horizontal black lines are spaced evenly down the page, providing a template for writing a response to the question above.

*What emotions are you feeling right now?*



A series of 20 horizontal black lines providing space for writing.



*How would you change the book to make it easier to deal with?*



A series of 20 horizontal black lines providing space for writing a response to the question above.

*Which scene affected you the most?*



A series of 25 horizontal black lines are spaced evenly down the page, providing a template for handwritten text.

*Additional Thoughts*



A series of 22 horizontal black lines spaced evenly down the page, intended for handwritten notes or reflections.



*Additional Thoughts*



A series of 23 horizontal black lines providing a writing area for notes.



