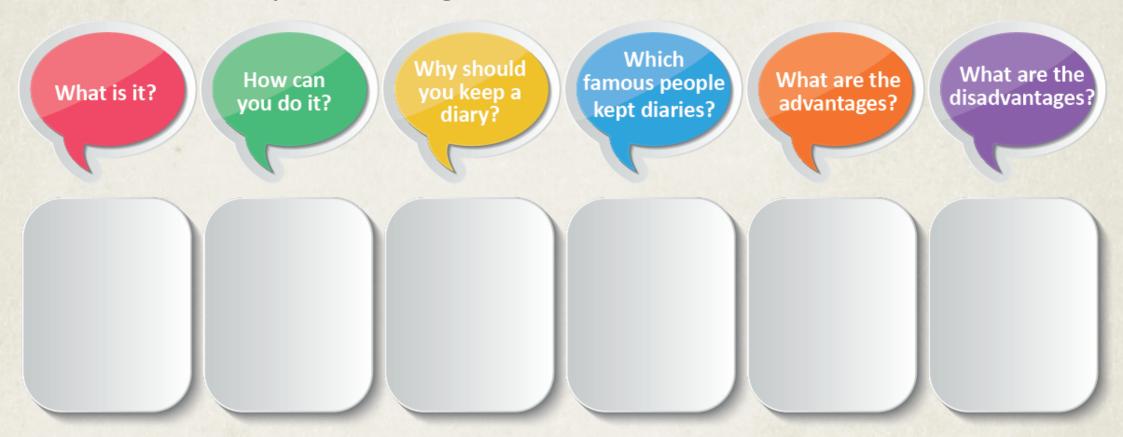
1. Read the text and complete the following chart.



2. Read the text again and answer the questions:

- 1. Why did people tend to write more in the past compared to today?
- 2. How does keeping a journal make a person stronger?
- 3. Have you ever kept a diary? Why / Why not?