

Texas Woman's University Positive Psychology Fall 2013

FamilyeJournal Reviews (anonymously provided)

Positive: 30 (83%) Neutral: 5 (14%) Negative: 1 (3%)

1. It was interesting to learn about different thoughts of my family and friends. Some of the answers they gave to those questions; I never knew that some felt that way. I think it creates an awareness of one's actions and opens the lines of communication for those that have been remiss in doing so. Some of my friends and family members I talk to, but the cares of life sometimes prevents us from speaking more regularly about the deeper things going on in our lives. I think some of my friends just wanted to help me, so they did it and the answers may not have been succinct enough and may lead to misinterpretation on limited information.
2. I really like the family eJournal it has brought me and husband together. I am able to read his discussions on things he normally would not share. I think the layout of the family eJournal is pretty user friendlier also.
3. Honestly, I lost one of my participants over the course of the semester and going to do the journals just reminds me of our falling out. That is obviously no fault of the program, just a personal issue. Otherwise, I feel like some of the questions could have been better thought out to provoke conversation between my family members and me as some of them were a little trivial and were too easy to answer without truly contemplating them.
4. I tried to use it with my family hoping we could communicate better and become closer but the more I asked the more they refused. Unfortunately, the FamilyeJournal experience only solidified my family's lack of communication skill and desire to help each other. It also made me realize that I do not have any friends who would be willing to help me when I needed it.
5. It was a good experience to help people come together. It was just hard to make sure everyone logs on.
6. It was very interesting to view the thoughts and ideas of my family and friends while also putting simple things into perspective. I thought it was very helpful in improving communication and opening dialogue with members of your close circle.
7. I enjoyed it, reading my little brothers responses and my fiancé's have me comfort and I learned new things I did not know about them. My brother and I have had conversations but he is better at expressing himself on paper than in person.
8. I really enjoyed it except my husband never really did his which made me really mad.
9. I love using the family eJournal and reading about how my friends are feeling. It's a way to just put everything down that affecting us in the day. I feel better once the journals are done because it

can change my outlook. Some emotions can't be expressed with words to everyone but the journal gives up an open door. I remember reading my friend's eJournal and knew she was having a horrible day. I didn't meant the journal but I called her that day and we went out for lunch. It was a way to say I understand and if all you need is a shoulder that I would be there.

10. It was ok. It was really difficult for me to get my family to participate. My mom did though which was really nice. She actually seemed to enjoy it. I wish there was a way to get my family to want to communicate more.
11. I really enjoy using family e journal it is fun to answer the questions every week.
12. It was useful, as I go back and read what my brother wrote during the journal experience, I was able to learn more about him in that time period than when we are in person. Before, I think it is true to say we didn't really have much of a conversation, but it has greatly improved getting to know him more through FamilyeJournal. We are both shy, and introverted, so communicating through online has improved our sibling bond.
13. FamilyeJournal has significantly helped my family and I understand how we truly feel about something, without having to feel anxious or uncomfortable. The questionnaires helped us connect, even with the distance that lies between us.
14. I love using Family E Journal. Not only me but my family members, who I choose to do it with, enjoy it as well!
15. It has been okay, but my family members I chose to do it with have not been very helpful in doing their part.
16. I really enjoyed using FamilyeJournal. I know my family enjoyed getting to hear about each other's days and I found that I would fill out more of them all at once, just because I enjoyed the questions. It was a good thing for my family and I since we don't get to see each other very often.
17. Overall it is a great way to get your thoughts out for others to read and relate to.
18. I have a good experience with my FamilyeJournal. It really makes me think about my surroundings and the things I have done lately. It is a good way to reflect on one self.
19. Some of the questions are almost too vague to really answer. Overall, I feel like I have had an overall positive experience with the FamilyeJournal. I don't feel like the questions have sparked conversation between my family and me. The only time the eJournal is brought up is to see how one another are responding or to ask what the question is really asking.
20. Family EJournal has been an interesting experience. Although it was interesting learning some of the answers from my family, and be able to express random bits of information about myself, such as favorite book or plans for the current weekend, most of the answers are things that I already discuss.
21. With my family in person. I think Family EJournal has both positive and negative qualities that mainly depend on the individual. For someone who is distant from his or her family, this system

is great to keep in touch and learn from, but from someone who lives in close proximity, this is something that can come in between actual face-to-face conversations. One major benefit that I noticed from this experience was discovering how supportive my family can be when helping me in a school assignment.

22. I really enjoyed using FamilyeJournal. I was able to learn new things about my family members I didn't know before.
23. I really enjoyed using family ejournal but it was difficult to answer some of the questions at times. Reading my family members responses was cool and helped me to understand their perspective just slightly more than before using the family e journal.
24. The experience has been very fun for me and my family. I believe the most fun has been the responses my teenage son has provided throughout the semester. He is in his first semester of college and seems to be stuck in the sullen teenager phase right now. His responses have been very entertaining to us and as the semester has progressed we are seeing a slight shift of him beginning to move out of his sullen phase into a more phase with a more positive outlook. However, this has not been evident in the journal responses but most evident in the times we visit him at North Texas.
25. Actually, FEJ has been more beneficial than I had originally thought. My sister, boyfriend, and a close friend of mine all use it. It is interesting to find out new things about them and how they view life. It makes you realize how little you actually know about people and their day to day routine.
26. Using the FamilyeJournal is very interesting and it is fun to see all of the different responses that my friends and family have about the same questions.
27. Using Family e Journal has been interesting, it has made me stop and think about things I generally may not put much thought to. Also, it was fun seeing the responses of my family and chatting about it.
28. Some of the questions are hard to understand. I understand them differently than what my friends see them. But overall I enjoy getting to see their views and opinions on different things.
29. It really did not affect the way I communicate with my family because we pretty much share everything already.
30. My family and I have really not found it to be beneficial. I have not found it sparked conversation. To be honest, we talk more about our family on Facebook than FeJ. Maybe if we were a family that had trouble communicating than we could need conversation starters. Also, the survey is very vague in its definition of family. My immediate family, children and spouse, and amazing; but I have no connection to my parents or extended family. As such, I answered the questions based upon my immediate family.
31. I thought it was very interesting to see how other people thought about different aspects of their lives. The only thing is that after a while people stopped answering the questions. I really enjoyed

all the questions because it made me think and allowed those near me to see a different side of me.

32. Over the course of the semester, I have grown to like the journal entries. Though last weekend was the first time I have sat down with my family and discussed some of our entries, being able to read them has shown me that no matter how much you think you know someone in your family, you don't. After reading some of my family members entries I have been able to see certain situations through their eyes. Seeing their side of things has really helped and opened up my eyes to "adult" life and that hard work does pay off.
33. The family ejournal has been extremely helpful in strengthening communication in my family. I have learned so much about my soon to be mother in law, nephews, and even a little about my fiancé. My sister and nephews are living in China, so it has made us communicate more regularly which has been amazing, because often times I forget to Skype or call especially due to time distance, and it has been amazing getting to read what they are experiencing. I have really enjoyed the family ejournal and believe it has so much to offer.
34. The reason I like ejournal is because it helped get close to my friends.
35. I liked the experience because I was able to learn more about my husband and close friends. FamilyeJournal asked questions I would have not thought of asking.
36. Some days it's enjoyable to write in but other days it is a chore.