



# Our Conversation Log

Keep track of contact information, discussion topics,  
and a summary of the conversations you have with  
birth parents.

## **Contact Information**

**Father:** \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Mother:** \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Date:** \_\_\_\_\_

**Start Time:** \_\_\_\_\_

**End Time:** \_\_\_\_\_

**Discussion Topics:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Overall Mood:**   **Positive**   **Neutral**   **Negative**

**Discussion Topics:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Summary:** \_\_\_\_\_

\_\_\_\_\_

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**For the Children – A Note to My Family:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Date:** \_\_\_\_\_

**Start Time:** \_\_\_\_\_

**End Time:** \_\_\_\_\_

**Discussion Topics:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Overall Mood:**   **Positive**   **Neutral**   **Negative**

**Discussion Topics:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Summary:** \_\_\_\_\_

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**For the Children – A Note to My Family:**

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**Date:** \_\_\_\_\_

**Start Time:** \_\_\_\_\_

**End Time:** \_\_\_\_\_

**Discussion Topics:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Overall Mood:**   **Positive**   **Neutral**   **Negative**

**Discussion Topics:** \_\_\_\_\_

\_\_\_\_\_

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**Summary:** \_\_\_\_\_

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**For the Children – A Note to My Family:**

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