

SPIRITUAL JOURNALING

MY FEARS

In the aftermath of losing a loved one, fear can keep us focused on the past or worried about the future. If we can acknowledge our fear, we realize that right now we are okay. How do we control our fear so it doesn't control us?

IN THE INITIAL AFTERMATH OF MY LOVED ONE'S DEATH, MY BIGGEST FEAR BECAME: _____

NOW MY BIGGEST FEAR FOR MYSELF IS: _____

MY BIGGEST FEAR FOR MY FAMILY IS: _____

I MANAGE MY FEARS BY DOING THESE THINGS:

THIS IS WHAT I WANT OTHERS TO KNOW ABOUT MY FEARS:

MY ADVICE TO OTHERS EXPERIENCING THIS IS:
