

Fears

Instructions: This exercise alternates between creating lists and making observations in your journal. There are 4 parts.

(1) Create a List of Your Fears

- Start by listing some things that simply make you feel anxious. What's been keeping you awake at night? What have you been worrying about this week? What are some things that can trigger a strong emotional reaction? What are your big fears? Who, what, and where make you uncomfortable?

(2) Reflection

- On the next page, write for a while about how the process of thinking about and listing your fears made you feel. Some questions to consider (you don't have to answer them all): Did any strong emotions come up? Did you learn anything interesting about yourself? Were there any surprises on your list? How do you feel about the exercise?

(3) Create a List of Good Things

- On the next page, start a new list. What are some good things in your life that make you smile? What activities bring joy? What people or things lift you up if you're down? What are some good things you don't currently have, but you want to hope for? Don't just list goals, list things that bring a smile to your face and fill you with hope and longing as you consider them.

(4) Reflection

- On the next page, reflect on the process of listing your good things. Some questions to consider (you don't have to answer them all): How did creating this list make you feel? Were there any surprises or insights? Is it hard for you to hope for good things in your life? If so, why? What stuck out to you about the exercise?



(1) Fears and Anxiety



(2) Reflect on the Fears Exercise



(3) Good Things



(4) Reflect on the Good Things Exercise