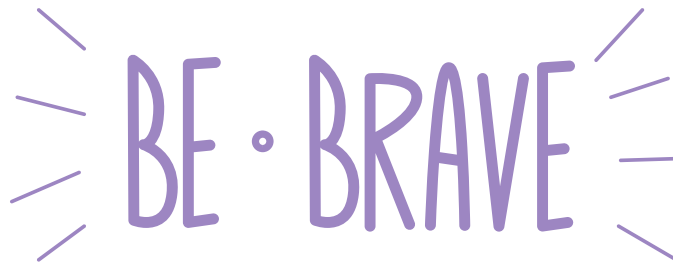


20 JOURNAL PROMPTS TO HELP YOU



- 1. List of 10 things you are afraid of. Be specific.*
- 2. When did you begin to fear these things?*
- 3. What about these things scare you?*
- 4. What is the worst thing that could happen if your fear of a situation became true?*
- 5. Can your fears be rationalized?*
- 6. When have you experienced the most fear in your life?*
- 7. How did you handle this fear?*
- 8. Are there any steps you can take to conquer your fears?*
- 9. How have you dealt with fear in the past?*
- 10. How do you feel in the moments you are experiencing fear?*
- 11. How is fear affecting your life?*
- 12. What do you do to try and avoid fear?*
- 13. What triggers your fear? When do you feel the most uncomfortable?*
- 14. List 10 things you would do if you had no fear.*
- 15. What does bravery look like to you?*
- 16. Who is someone you think is brave? Why?*
- 17. What are some everyday examples of bravery in your life?*
- 18. What is the most courageous thing you have done? (Think big picture accomplishments here)*
- 19. When in your life have you failed to show courage and regretted it?*
- 20. What is holding you back from facing your fears?*

