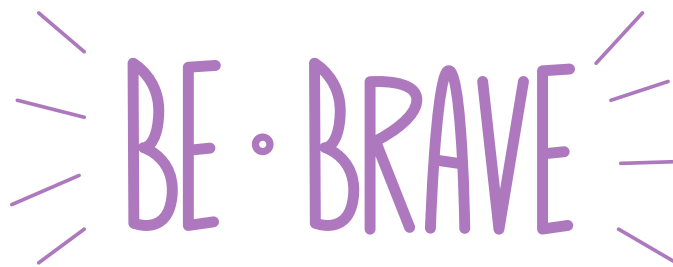


20 JOURNAL PROMPTS TO HELP YOU



- 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?