

Lesson 2 - Fear Clarifier Tool

Referring to the video in lesson 2 - complete this worksheet. Ask the online group for help if needed.

Fear	How it shows up in your life	Ideas to overcome it
<i>Examples: fear of judgment</i>	<i>I don't want people to think that because I'm happy that I'm not grieving still</i>	<i>Work to stop caring what people think. Be open about my goals and also about my grief. Journal through my feelings and stop looking to others to validate them or not.</i>