

# Journal Inspirations

## Starting Over



Some Jehovah's Witnesses (JWs) may not have the courage to leave the organization because they are fearful of many things. Identify the areas in your life that may cause you to be afraid and prevent you from stopping where you are right now and taking up a new life path. For example, think about the topics listed below.



**1. I'm too young to leave the JWs.** Journal exercise: If you have a safe place to keep your journal, then write down your top three interests in life. If not, then develop a mental image of your dream life. Start talking with non-JW friends, school counselors and relatives to plot your course away from the Society when you are of legal age. Dreams can create your reality.



**2. I'm too old to leave the JWs.** Journal exercise: Take a break from your JW routine. Write down your top three goals for the year that will create independence from the JW organization. If your family members are JWs, you can still plot a new course for yourself away from the Society. Identify your fears and discover if they come out of a negative emotional space or a positive one. Write down your thoughts and feelings each day no matter how brief or unconstructed they are. Do not be deterred from your goal of personal growth regardless of your age.



**3. Is it too late to be happy?** Journal exercise: Write down the top three things that interest you. What did you like to do as a child? Don't fear pursuing happiness. The JWs took that from you and it's time you pursue your own interests while helping others to fulfill their dreams along the way too, if possible. Write down any guilt feelings you have about starting over in life and identify the source. Are they grounded in reality or fear?