



## Fear Journaling Activity

Identify which of these fears have the strongest hold on you (check all that apply):

- |   |  |
|---|--|
| <input type="checkbox"/> Rejection              | <input type="checkbox"/> Confrontation                         |
| <input type="checkbox"/> Failure                | <input type="checkbox"/> Commitment                            |
| <input type="checkbox"/> Change                 | <input type="checkbox"/> Intimacy                              |
| <input type="checkbox"/> The Unknown            | <input type="checkbox"/> Abandonment                           |
| <input type="checkbox"/> The Circumstances      | <input type="checkbox"/> Exposure                              |
| <input type="checkbox"/> The Consequences       | <input type="checkbox"/> Loss of Control                       |
| <input type="checkbox"/> The Outcome            | <input type="checkbox"/> Loss of Resources                     |
| <input type="checkbox"/> The Future             | <input type="checkbox"/> Loss of Relationship                  |
| <input type="checkbox"/> Being Loved            | <input type="checkbox"/> Timidity                              |
| <input type="checkbox"/> Being Unloved          | <input type="checkbox"/> Anxiety                               |
| <input type="checkbox"/> Being Alone/Loneliness | <input type="checkbox"/> Worry                                 |
| <input type="checkbox"/> Being Ridiculed        | <input type="checkbox"/> Panic                                 |
| <input type="checkbox"/> Being Judged           | <input type="checkbox"/> A Painful Experience Repeating Itself |

### Action Steps for Fears:

- Consider what triggers you to be fearful? What fears have been successful in having residency in your soul?
- Develop a strategy to stay in faith and out of fear:
  - Resolve the root issue causing the fear. Seek the Lord for healing.
  - Ask Jesus to step into this process and guide you to a place of shalom/peace.
- In the moment you are triggered to a behavior that would be defined as a fear, transition to a spiritual activity that will combat the fear (praying, worshipping, reading the Word, etc.)
- Consult with those who could pray for you to strengthen your faith in the face of fear.
- If necessary, consider seeking professional Christian therapy to further your healing and freedom from a past trauma.
- Journal your thoughts. Putting your thoughts in writing will often give you a better view of your condition.
- These questions and steps can be challenging and overwhelming. Consider processing them with someone you trust that can support your journey.