

FEARS

- Leaving the past behind.
- Being alone.
- Breaking down in front of others at inappropriate times.
- Forgetting the details of your loved ones death.
- Separation and loneliness.
- The unknown.
- Rejection
- Loss of control.
- Walking into a group alone.
- Being a fifth wheel when there are couples.
- Eating out by yourself.
- Getting rid of the belongings of your loved one.
- Changes that will take place in your life.
- Losing friends.
- Losing your mind.
- Loving someone that much again.
- Coming home to an empty house.
- Losing other loved ones or family members.
- Not being able to survive the intense pain that you feel.
- Having the finances to help you live comfortably.
- Taking charge of finances, taxes, and money matters.
- Having to move.
- Outliving your children.
- Having major health problems with no one to help you.
- Being able to move on with your life.