

## 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.