• journaling prompt • anxiety & fear •

I) What are you afraid of?

II) What's the worst thing that would happen if what you are afraid of actually became your reality?

III) Would that reality be really as bad as you are imagining? Would it physically hurt you? How could you cope with it?

example:

I) I am afraid to fail class.

II) Failing a class means I have to redo it. Worst case I fail again and I can't continue my degree and have to drop out. I won't be able to do what I wanted to do in life.

III) No, I would find another path to follow, maybe start a different degree or start working in a job. Even if there might be a period in my life in which I struggle financially, I would have family & friends to lean on.

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now realize: this is the worst case szenario. The worst case scenario is very very unlikely to happen. But if it did, you would get out of it just fine ♥

IV) What's the best that could happen? * *