

LETTING GO OF FEAR

Created by Laura M. Brotherson (11/2019)

StrengtheningMarriage.com

To help you process and let go of FEAR it can be helpful to write out all of your thoughts and feelings surrounding the following emotions:

- Avoidance
- Defensiveness
- Preoccupation with security
- Seeing danger everywhere
- Possessiveness of others
- Jealousy
- Restlessness
- Anxiousness
- Vigilance

After writing out your thoughts and feelings you can simply shred them to symbolically let them go. The writing process helps you give voice to your genuine feelings which allows them to begin to dissolve.

- See also *Letting Go* by David R. Hawkins