

## Understand Your Fear

### Understanding and overcoming the fear of moving forward following a breakup.

Fear may stop you from living your *most fulfilled* life, which can be especially true after a break when facing a mixture of negative emotions.

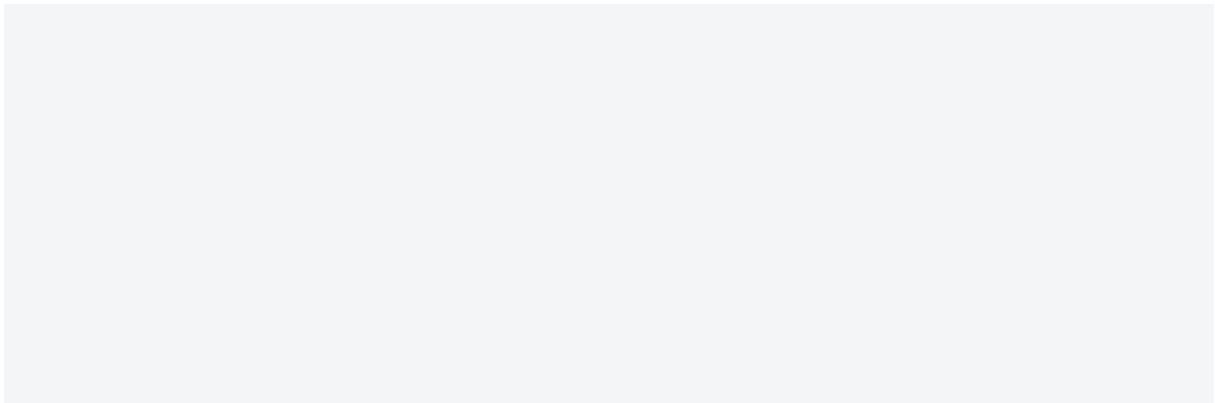
Think of your last relationship and answer the following questions as completely and honestly as possible. This is not about blame but learning what fuels your fears and leaves you stuck in the grieving process.

#### What frightens you about your current situation?

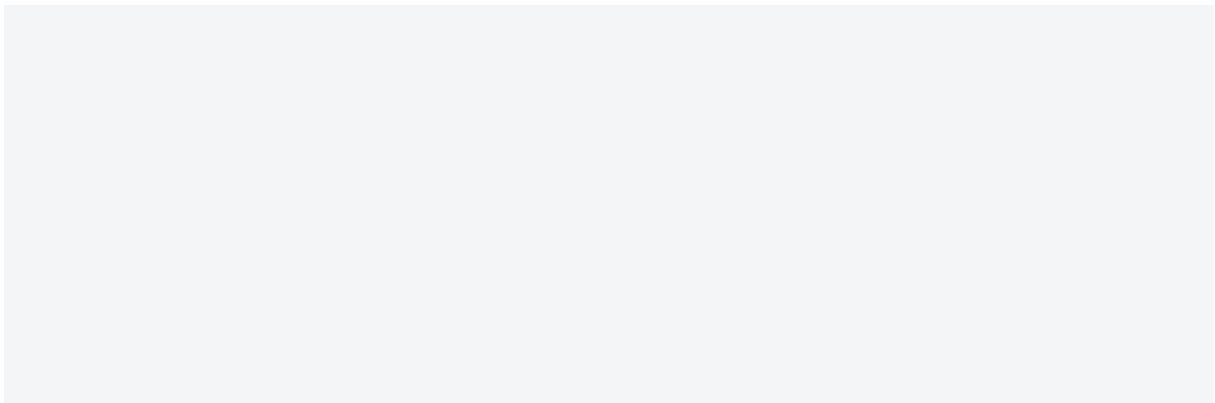
#### What is the worst that could happen?

#### How bad would that *really* be?

**What is the best that could happen?**



**What is most likely to happen?**



**What could life be like if you accepted your fears but didn't let them rule you?**

