

A GRIEF in Action Journaling Exercise

What Is Your Deepest Fear?

This writing exercise is designed to help you gently explore the fear that often lives beneath GRIEF and trauma. There is no right way to do this. You are not required to be polished, positive, or resolved. Honesty matters more than clarity.

You may pause at any point. Take a breath between prompts. Let your answers be incomplete if they need to be.

Begin here:

When I think about acknowledging my GRIEF, the fear that rises most strongly is...

This fear shows up in my body as...

Going Deeper

Fear often protects something tender. Use the prompts below to explore what your fear may be guarding.

If this fear were true, what do I believe it would say about me?

What part of my story do I avoid revisiting because it feels too heavy or unresolved?

If my GRIEF could speak without being interrupted, what would it want me to know?

You are not weak for having fear. Fear is often the signal that something meaningful was lost — and that it still matters.

If this exercise stirred something in you, you are not meant to carry it alone.

To continue your journey, explore the Invisible GRIEF™ MiniEbook and other GRIEF in Action tools at www.griefxtalk.com.