

Normal Fears in Life

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WHICH COMMON FEARS CAN YOU RELATE TO???

- ___ My future is overwhelming. I need help. What if no one will be there for me?
- ___ I've made many bad decisions. Have I gotten myself to the point beyond repair? Is it even possible to be free from my past?
- ___ I don't have any close friends or family now. Will I always be alone like this?
- ___ What if I'm not smart enough? What if I really don't have what it takes?
- ___ I don't feel attractive. What if no one ever wants to be with me romantically? Will I always be alone?
- ___ What if I never overcome my addiction? What if I relapse and never recover? Why do some people get free while others do not?
- ___ I have treated others in horrific ways. Do I even deserve to be forgiven?
- ___ This loneliness is tearing up my soul. Will there ever be anyone who will just hold me and let me cry without trying to "fix me" or take from me? Do I even have tears to cry? I feel dead.
- ___ Is it too late? Am I too much? Has this gone too far?
- ___ I don't really feel like I have anything to offer. What if no one sees value in me?
- ___ What if I don't find the answers I need to move forward?
- ___ I don't see the point of this cloud I am in. Is life even worth living?

**Did you relate to any of these? Consider reaching out to resolve these common concerns.
You need not live in confusion, emptiness, and darkness.**