

Quiz: Emotional and Spiritual Healing

HHRP

Name (first name only): _____ Date: _____

1. **Grief is a normal human response to loss of any kind.**
 - a. True
 - b. False

2. **The stages of grief include:**
 - a. denial and anger
 - b. bargaining and depression
 - c. acceptance and hope
 - d. all of the above

3. **Which of the following statements about fear is true?**
 - a. Fear can ultimately lead to self-fulfilling prophecies that are harmful.
 - b. Fears may not accurately reflect reality.
 - c. Fear can prevent you from protecting your health.
 - d. All of the above statements are true.

4. **Healthy steps to reduce the power of fear include:**
 - a. ignore it
 - b. use drugs or alcohol whenever you feel the fear coming on
 - c. identify what you do and do not have control over
 - d. all of the above

5. **Ways to grow spiritually include:**
 - a. prayer
 - b. meditation
 - c. imagery
 - d. ritual
 - e. all of the above

Score: _____

“Letting Go of Fear” Client Worksheet

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Loss: Identify the most recent loss you have experienced in the space below.

Stages of grief:

Place an “x” in one of the boxes below to indicate the stage of grief you are currently in with regard to this loss:

Denial Anger Bargaining Depression Acceptance Hope

Fears:

In the space below, list up to three fears associated with this loss:

1. _____
2. _____
3. _____

Identify how you feel and what you do when you experience fear:
(place a check mark next to each that applies to you)

Emotions:	Behaviors:
_____ Get moody	_____ Drink alcohol or do drugs
_____ Get irritable	_____ Get reckless (example: inject drugs; don't use new or clean needle)
_____ Get depressed	_____ Have unprotected sex
_____ Get angry	_____ Yell or hit

Step toward letting go of fear:

Select **one** fear from those you listed above and, in the space below, describe **one** step you can take **this week** to begin letting go of that fear (e.g., make an appointment to talk to your health care provider or counselor, go to a support group meeting, go to the library to read about what you fear). **Be specific.**

This week I will do the following: _____

I will do this on:

Mon. Tues. Wed. Thur. Fri. Sat. Sun.

Amusing Epitaphs: R.I.P. (Rest In Peace)

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Here lies a man who while he lived
Was happy as a linnet
He always lied while on the earth
And now he's lying in it

Here lies an Atheist
All dressed up
and no place to go

I made an ash of myself

A contented man:
Here I lie snug as a bug in a rug.
*The contented man's relative
in a nearby grave:*
Here I lie snugger than that other bugger.

Here lies
Ezekial Aikle
Aged 102
The Good Die Young

John Dryden's epitaph for his wife:
Here lies my wife
Here let her lie!
Now she's at rest
And so am I.

She lived with her husband of fifty years
And died in the confident hope
Of a better life

Here lies Ned
There is nothing more to be said—
Because we like to speak well of the dead

*A widower placed two messages, one
year apart, on his wife's tombstone:*

In 1890, he wrote:
The light of my life has gone out
In 1891, he wrote:
I have struck another match

Here lies
Johnny Yeast
*Pardon me
For not rising*

Here lies Lester Moore
Four slugs from a .44
No Les No More

W. C. Fields:
On the whole,
I'd rather be in Philadelphia

On a dentist's tombstone:
Stranger,
Approach this spot with gravity
John Brown is filling his last cavity

Here lies the body
Of Jonathan Blake
Stepped on the gas
Instead of the brake

Epitaph found in a Georgia cemetery:
I told you I was sick!

*Found in Hookstown, PA,
on tombstone with an etching of a
marijuana plant on it:*

Hi!
Stay high
Bye

Remember Me by What I Valued – Team Game Worksheet



PART I. The house is on fire—what do you save? (completed by each person)

Imagine that your house is on fire. All your loved ones and pets are safe. You have three minutes to select just **three** items from your house that you would want to save. Write your choices below:

1. _____
2. _____
3. _____

(Instructions: Counselor cuts on dotted line above and distributes Part I of the worksheet. Each group member completes Part I, then folds the paper, and places it in their own team's container. In turn, one member of each team then selects a piece of folded paper from one of the other containers.)

PART II. Epitaph. (completed by each team)

Read the three items written on the paper that your team picked from the container. Work as a team to write an amusing epitaph for that person whose “house was on fire” based on the three items that the “victim” wanted to save (*see examples*):

SCORING.

Did epitaph include a reference to all 3 items: (1 point for each item included, and 1 point bonus for all 3)	Score _____
	(max.4)

Rate level of creativity on scale from 0 to 4:	_____
0 1 2 3 4	(max.4)
not at all slightly moderately very extremely	

How funny was the epitaph on a scale from 0 to 4:	_____
0 1 2 3 4	(max.4)
not at all slightly moderately very extremely	

Sub-total:	_____
	(max.16)

Bonus points:	_____
	(max.1)

Grand Total	_____
	(max.17)