Quiz: Emotional and Spiritual Healing

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

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

- 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 snuggier 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)

Rate level of creativity on scale from 0 to 4:

0 1 2 3 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
not at all slightly moderately very extremely

Sub-total: (max.16)

Bonus points: (max.1)

Grand Total (max.17)