

## **HEART JOURNAL** **(Fear/Anxiety)**

1. What happened to provoke me to fear?  
(What were the circumstances that led to my becoming fearful?)

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2. What did I say to myself (in my heart) when I became fearful?  
(What did I want, desire, or long for, when I became fearful?)

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3. What does the Bible say about what I said to myself when I became fearful?  
(What does the Bible say about what I wanted when I became fearful?)

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4. What should I have said to myself when I became fearful?  
(What should I have wanted more than my selfish/idolatrous desire?)

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5. What have I done about my thoughts, desires and actions that were not pleasing to God?  
(Acknowledge, confess and repent)

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6. What will I do (practice) to implement my new thought into action (be specific and concrete)

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