

Death Anxiety Worksheet

Answer the following questions related to your death anxiety

When did you experience fear about death?

Was there any specific incident that led to your anxiety about death?

What are your emotions or feelings when you are occupied with the fear of death?

What physical changes in your body do you feel when you worry about death?

What coping strategies do you use when you feel anxiety about death?

Do you share your worries about death with others?
