

## 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

# HHRP

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

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### 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)

<b>Emotions:</b>	<b>Behaviors:</b>
_____ 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: \_\_\_\_\_

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I will do this on:

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



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

**HHRP**

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*):

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### **SCORING.**

Did epitaph include a reference to all 3 items: (1 point for each item included, and 1 point bonus for all 3)	<u>          </u> (max.4)
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Rate level of creativity on scale from 0 to 4:	<u>          </u> (max.4)										
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">0</td> <td style="width: 20%;">1</td> <td style="width: 20%;">2</td> <td style="width: 20%;">3</td> <td style="width: 20%;">4</td> </tr> <tr> <td style="text-align: center;">not at all</td> <td style="text-align: center;">slightly</td> <td style="text-align: center;">moderately</td> <td style="text-align: center;">very</td> <td style="text-align: center;">extremely</td> </tr> </table>	0	1	2	3	4	not at all	slightly	moderately	very	extremely	
0	1	2	3	4							
not at all	slightly	moderately	very	extremely							

How funny was the epitaph on a scale from 0 to 4:	<u>          </u> (max.4)										
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">0</td> <td style="width: 20%;">1</td> <td style="width: 20%;">2</td> <td style="width: 20%;">3</td> <td style="width: 20%;">4</td> </tr> <tr> <td style="text-align: center;">not at all</td> <td style="text-align: center;">slightly</td> <td style="text-align: center;">moderately</td> <td style="text-align: center;">very</td> <td style="text-align: center;">extremely</td> </tr> </table>	0	1	2	3	4	not at all	slightly	moderately	very	extremely	
0	1	2	3	4							
not at all	slightly	moderately	very	extremely							

<b>Sub-total:</b>	<u>          </u> (max.16)
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<b>Bonus points:</b>	<u>          </u> (max.1)
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<b>Grand Total</b>	<u>          </u> (max.17)
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