

“Just when you need it most, something you had all along makes itself known and reinstates that flicker of hope.”

Z, 2019

Reflection

Imagine yourself walking in a cave. You begin to worry because it is dark and you cannot see. You stand still because you are scared, but something within you pushes you forward. As you walk in the dark, you see a flicker of light. Aha! Feeling a mix of fear and hope, you keep walking. As you walk out of the cave, you see a waterfall. You notice different colors reflecting on the waterfall. Suddenly, you are calm. You are not afraid anymore.

Questions

What role has fear played in your life?

What fears do you hope to overcome?

Reflect on a time when listening to yourself helped you overcome a fear or challenge.

