

Unburdening the Soul: Letting Go of What Holds You Back

H O R R O R L F V S T A R T L E P E Q F
 M D V L T T W I X E G N N W B E H P D F
 N T H E U N K N O W N E U S P O O K Y I
 G W A V Z N I G H T M A R E H W B X C R
 N A F P L W B X X D W E A R T H I I R E
 N T O S P O E N C L O S E D S P A C E S
 A E A P G R S E L E M E N T S D B R E H
 T R G W E Q E S N Y K N M J G T T T P Q
 U E F C N N G H O S T R A N G E R S Y Z
 R Z T R A A S Y E F R R G D L O M X Q J
 E J A R I I S P P N C G D A R K N E S S
 H M U N E G R K A E S O U O X K J X I E
 M M P D X P H S S C T I N K K L V S S E
 Q O A L G I I T D T E R O T R N W I H P
 A S N O G M E D M Q N S I N R E B C I P
 E D I C W P E T A C O B V F H O C K V T
 T R C K J A M N Y T E L B L I Z L N E R
 H E I G H T I V T G I O R D E E A E R E
 I A R R P G P I U B T O N U W D D S D E
 S D J E Y R T E R R O R N D F R Z S A S

Enclosed Spaces	Loss of Control	Trepidation	Air
Apprehension	Open Spaces	The unknown	Fire
Sickness	Elements	Strangers	
Nightmare	Darkness	Anxiety	
Petrified	Shiver	Spooky	
Judgment	Phobia	Terror	
Height	Startle	Fright	
Horror	Water	Earth	
Nature	Creepy	Trees	
Panic	Dread		