



Death Anxiety Worksheet

Answer the following questions related to your death anxiety

When did you experience fear of 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?

References

[Neimeyer, R. A., & Van Brunt, D. \(2018\). Death anxiety. *Dying*, 49-88.](#)

[Furer, P., & Walker, J. R. \(2008\). Death anxiety: A cognitive-behavioral approach. *Journal of Cognitive Psychotherapy*, 22\(2\), 167-182.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.