Additional Prompts for the Second Meaning Question

What am I afraid of losing?

Try to answer the question in your own words first. If you're having difficulty, these prompts may help.

Consider whether the decision involves:

- Feeling useful, needed, or valued.
- Taking care of or protecting someone you care about.
- Repairing something or making something right.
- Disappointing someone or affecting an important relationship.
- Giving up an opportunity that feels especially important to you.
- Losing money, independence, or a sense of control.
- Feeling left out, alone, or disconnected from others.
- How you see yourself or how you want others to see you.
- Losing confidence in your own judgment.

The list isn't complete, and what matters most to you may not appear on it.