

FOREWORD BY  
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# FEAR GONE WILD

A STORY OF  
MENTAL ILLNESS, SUICIDE,  
AND HOPE THROUGH LOSS

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A PDF COMPANION TO THE AUDIOBOOK

# Appendix

## *Rest in the Wilderness*

**W**e have walked through some heavy topics in this book. I wanted to offer space to reflect on what we've learned, a reminder that you are not alone in the wilderness. Grab a journal and a pen, or phone a friend, and honestly explore each of these questions. Let's learn and grow together.

### Chapter 2: The Uninvited Guest

1. In what areas of your life are you struggling with fear?
2. If you are walking through a wilderness season, what does it feel like?
3. How have you met with God in the wilderness?

## Chapter 3: How Did We End Up Here?

1. How can you trust God in your wilderness?
2. Are you getting the support you need in your wilderness season? If not, in what ways can you reach out for help? Is there a community nearby you can plug into?
3. Is there someone you know who is walking through a painful season, someone who you could personally reach out to and encourage? What would you say to that person?

## Chapter 4: To the Back of the Cave

1. When did you last spend time alone? Was it in solitude or isolation?
2. If you are feeling isolated, what can you do to break free?
3. How can you carve out time for solitude?

## Chapter 5: Stranger Things

1. Have you experienced spiritual warfare? What did it feel like?
2. Who are three people you could call to pray for you when you are feeling oppressed by the Enemy?

## Chapter 6: Hot Mess

1. How has this chapter changed the way you view suicide?
2. How can you support and love those around you who are suffering from the crippling effects of mental illness?

## Chapter 7: Goodbye to Everything

1. How have you invited God into your pain?
2. In what ways can you see that God still has good plans for you—even in your mess?
3. What is God trying to do in you while you are in your mess?

## Chapter 8: One Plot or Two

1. How has walking through grief or pain changed your relationship with God?
2. In what ways is fear ruling your life?
3. How can you replace fear with hope?

## Chapter 9: New Wine

1. What have you learned through your season of waiting?
2. In what place do you feel the most connected to God?

3. Have you experienced a miracle on the other side of your wilderness?

## Chapter 10: Rebuilding Beautiful

1. If you could write a letter to yourself, what would you say?
2. What big dream do you have for your life? How can you chase after it?
3. What does your “cup” of suffering look like? What does it feel like? How might you, like Jesus, move toward accepting the cup?

## Chapter 11: God’s Got This

1. What does perseverance mean to you?
2. How can you reflect God’s glory in the valley season?
3. Who do you hope is waiting for you at the finish line?

# Find Hope

## Helplines

- **National Suicide Prevention Lifeline** is available 24-7 across the United States for those who are worried about a friend or loved one, or who would like emotional support. Visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) or call 1 (800) 273-TALK (8255).
- **Crisis Text Line** serves anyone, in any type of crisis. That doesn't just mean suicide. It's a resource for any painful emotion for which you need support. The program provides free, 24-7 support and information via a medium people already use and trust: text. A trained crisis counselor receives the text and responds quickly. Visit [www.crisistextline.org](http://www.crisistextline.org) or text HOME to 741-741.
- **The Trevor Project** is a national organization that provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ)

young people under twenty-five. Visit [www.trevorproject.org](http://www.trevorproject.org) or call 1 (866) 488-7386.

- **Veterans Crisis Line** provides confidential help for veterans and their families. The caring, qualified responders are specially trained and experienced in helping veterans of all ages and circumstances. Visit [www.veternscrisisline.net](http://www.veternscrisisline.net) or call 1 (800) 273-8255.

## Counseling and Treatment

- **American Association for Marriage and Family Therapy** is a great place to start locating a marriage and family therapist in your area. Visit [www.therapistlocator.net](http://www.therapistlocator.net).
- **American Psychological Association** offers a psychologist locator to make it easy to find a psychologist in your area. Visit [www.locator.apa.org](http://www.locator.apa.org).
- **Onsite Workshops** is located on a 250-acre campus in the rolling hills just outside of Nashville, Tennessee, and it has curated transformational emotional-health experiences for the past forty years. Partnering with the best therapeutic and clinical minds in the country, Onsite works to connect the world through empathy, self-awareness, resiliency, and compassion. Visit [www.onsiteworkshops.com](http://www.onsiteworkshops.com).

## Additional Resources

- **American Foundation for Suicide Prevention** is a health organization that gives community to those affected by suicide and empowers them to research, educate, and advocate against this leading cause of death. Visit [www.afsp.org](http://www.afsp.org).
- **National Alliance of Mental Illness** is the nation's largest mental health organization and is dedicated to improving the quality of life for people with mental illness and their families through support, education, and advocacy. Visit [www.nami.org](http://www.nami.org).