

# FEAR

## SESSION 10

### STEP 4      How It Works      *Our fears.* (68: 1)

*But did not we, ourselves, set the ball rolling?* (67 ; 3)

#### I    ON YOUR OWN:    STUDY- What did the Big Book authors say?

- **READ**    Read Chapter 5, How It Works, on the fear inventory. (67-68)
  - We want to get rid of the fear and resentment that control our thinking so a power greater than any one of us can direct our thinking instead.
  - Our fears come from our early *childhood ideas, emotions, and attitudes* (27: 4) that we developed in reaction to ancient *fancied or real* (66: 3) threats to our basic instincts of life. Without awareness, our old thoughts and fears may become today's actions.
  - [Fear: (OE- sudden danger.) Dread, expectation of harm, or ambush; dismay, panic.] Heard in a meeting: "Anxiety is the existential basis of our addiction to alcohol."
- **WRITE**    Write daily about your fears and "{#1 – #3} the three fear questions."
- **TALK**    Call your sponsor and other members of the group to discuss fear.
- **PRACTICE DAILY MEDITATION / PRAYER**    Call on a higher power.

#### II    WITH THE GROUP:    PRACTICE- What does the Big Book say to me about my practice of my fear inventory?

What are the underlying fears we try to avoid by using alcohol?

**Points of Focus and Reflection.** (Consider pp. 67: 3-68: 3)

**A. Who? How? What? The word "fear."** (67: 3) We may treat fear, or any other problem, as we do resentments. (See 69: 3) Begin with centering silence.

Use the same page 65 three-column format to take an inventory of your fears.

Fear Inventory

Who: People, institutions, and principles that cause me fear. “#1 When did I first have this fear?”	How? How have they frightened me? “#2 Why do I have this fear?”	What? What part of my self has been affected and how have I reacted to it?

**1.) First Column: Who?** “Who threatened me?” **1<sup>st</sup> Fear Question** “{#1}When did I first have this fear?” (See 68: 1)

*We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them.* (68: 1) List your fears and the first time you had them. We find that we are fearful of everything and everyone.

Fear Inventory

Who: People that cause me fear. “#1 When did I first have this fear?”
<i>Mr. Brown</i>

**2.) Second Column: How?** “How did they threaten me?” **2<sup>nd</sup> Fear Question:** “{#2}Why do I have this fear?” (See 68: 1) How did self-reliance fail me?

# FEAR

We asked ourselves why we had them. (68: 1) We literally ask over and over for each circumstance and every response:

- “Why do I have this fear?”
- “Why do I fear that?”
- “And the reason I fear that?” (Our very existence feels threatened.)
- *Wasn't it because self-reliance failed us?* (68:1)

**Fear Inventory**

<b>Who: People, that cause me fear. “#1 When did I first have this fear?”</b>	<b>How? How have they frightened me? “#2 Why do I have this fear?”</b>
<i>Mr. Brown</i>	<i>Told my wife of my mistress.</i>

**3.) Third Column What?** “What part of my life instinct was hurt or threatened, and how did I react to it?”

- Which of your instinctive social and security and sexual needs, desires and actor’s roles were threatened and at play in your fear reactions?

**Fear Inventory**

<b>Who: People that cause me fear. “#1 When did I first have this fear?”</b>	<b>How? How have they frightened me? “#2 Why do I have this fear?”</b>	<b>What? What part of self has been affected and how have I reacted to it?</b>
<i>Mr. Brown</i>	<i>Told my wife of my mistress.</i>	<i>Self-esteem (fear) Sex relations Personal relationship</i>

**B. We Turned Back to the List.** (66: 3) Meditation / Prayer \* – Ask for help.

- **Trust Higher Power rather than Self-Reliance.**
  - **3rd Fear Question:** “*{#3} May I share feelings and experiences of courage about trusting and relying on my higher power, as found through the practice of this program?*” (See 68: 2) [Courage: acting in the face of fear.]
  - *We trust infinite God* [of our understanding] *rather than our finite selves.* (68: 2) *We let* [our higher power] *demonstrate, through us, what* [our higher power] *can do.* (68: 3) [See also 49: 1; 62: 3] What does this mean? Is this what the program of action is all about?
- **Our Own Mistakes** (67: 2) **Where** had you been Selfish, Dishonest, Self-seeking or Inconsiderate? (67: 2; 69: 1) “Where am I responsible?”
  - Write precisely and in detail about your reactions to fear situations and Third Column threatened instincts.
- **When We Saw Our Faults We Listed Them.** (67: 2)
  - *But did not we, ourselves, set the ball rolling?* (67: 3) “What did I do?” The effects of your self-centered fear.

**C. Step 4 Fear Turnaround Willing to change \* Meditation / Prayer**

- [Optional: God of my understanding, I pray that my fear be removed and my attention directed to being who you would have me be today. May thy will, not mine, be done. (See 68: 3)]

# FEAR

## STEP 4 Fear Inventory Form

The Big Book authors indicate that the best way to deal with our fears is to do exactly what we did with resentments: We write them down; we consider them carefully; we look at what part we played in creating them or in reacting to them; we list what our motives were in playing that part. (See 69: 3) Expand on this list as desired. Use multiple pages.

*The word "fear" ... somehow touches about every aspect of our lives. ... It set in motion trains of circumstances which brought us misfortune we felt we didn't deserve.*  
(67: 3)

.....

<b>Person</b>	<b>16.</b>
<b>Institution</b>	
<b>Principle I fear.</b>	<b>17.</b>
<b>"{#1}When did I first have this fear?" (See 68: 1)</b>	
<b>1.</b>	<b>18.</b>
<b>2.</b>	<b>19.</b>
<b>3.</b>	<b>20.</b>
<b>4.</b>	<b>21.</b>
<b>5.</b>	<b>22.</b>
<b>6.</b>	<b>23.</b>
<b>7.</b>	<b>24.</b>
<b>8.</b>	<b>25.</b>
<b>9.</b>	<b>26.</b>
<b>10.</b>	<b>27.</b>
<b>11.</b>	<b>28.</b>
<b>12.</b>	<b>29.</b>
<b>13.</b>	<b>30.</b>
<b>14.</b>	<b>31.</b>
<b>15.</b>	<b>32.</b>
	<b>Etc., etc.</b>

# ***FEAR***

## **Step 4-Fears Fill in Second and Third Columns**

Make multiple copies or expand these templates into your own notebook

**1. First Column: Who threatened me? 1st Fear question: “{#1}When did I first have this fear?” (See 68: 1)** Inventory one fear at a time.

**2. Second Column: How did they threaten me? 2nd Fear question: “{#2}Why do I have this fear?”** *We asked ourselves why we had them. (68: 1)*  
 We literally ask over and over for each circumstance and every response, “Why do I have this fear?” “And why do I fear that?” “And what is the reason I fear that?” Etc., etc. We fear for our very existence. *Wasn't it because self-reliance failed us? (68: 1)* We write just in this second column for now.

**3. Third Column: What life instincts threatened?**

Which of our instinctive social and security and sexual needs and desires were threatened and at play in our reactions? *Our self-esteem, our pocketbooks, our ambitions... our security... our personal or sex relations...were hurt...threatened...[or] had been interfered with. (64: 3 - 65: 0,1) [and we reacted!]*

<b>First Column: Who?</b> <i>Fears- “{#1}When did I first have this fear?” (68: 1)</i>	<b>Second Column: How?</b> <i>Cause- “{#2}Why do I have this fear?” And that one? Etc., etc.</i>	<b>Third Column: What?</b> <i>Affects my- I reacted to threats to these instincts.</i>

# FEAR

## STEP 4 Fear Turnarounds

For every Third Column situation and our fear reaction, we fill in our 'turnarounds.'

Make multiple copies or expand in your notebook.

**Where** am I responsible? *But did not we, ourselves, set the ball rolling?* (67: 3)

Write our Motives. *Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened?* (67: 2)

We write down and share precisely and in detail what our motives were.

.....  
**Where was I selfish?** (67: 2) [Concern for self regardless of others. Self-absorbed.]

- 
- 
- 
- 
- 
- 
- 

**Where was I dishonest?** (67: 2) [A tendency to deceit, conceal our true character, lack perspective. We believed our own lies.]

- 
- 
- 
- 
- 
- 
- 

**Where was I self-seeking** (67: 2) **or inconsiderate?** (69: 1) [Concern for self over – or under – others.]

- 
- 
- 
- 
- 
- 
-

# FEAR

**Where was I frightened?** (67: 2) [Habitual anxiety: Afraid of losing something we have, not getting something we want, or of being found out for who we are.]

- 
- 
- 
- 
- 
- 
- 

.....

Write our faults.

*The inventory was ours, not the other man's. When we saw our faults we listed them. We placed them [faults] before us in black and white. (67: 2)*

**Where was I at fault?** (67: 2) [A seismic gap between our own or others' deeply held values or our own instincts in collision. Out of bounds? Miss the mark?]

- 
- 
- 
- 
- 
- 
- 
- 
- 

(Why do we act this way? Because....see p. 338)

.....

Willing to change.

**Step 4 Fear Turnaround Meditation / Prayer.**

**3rd Fear question: “{#3}May I share my feelings and experiences about trusting and relying on the higher power of my understanding?” (See 68: 2, 3)**

- 
- 
- 
- 

[Optional: God of my understanding, I pray that you remove my fear and direct my attention to being who you would have me be today. May thy will, not mine, be done. (See 68: 3)]