

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?” **1st 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?” **2nd Fear Question:** “{#2}Why do I have this fear?” (See 68: 1) How did self-reliance fail me?

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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

Who: People, 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?”
<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

Who: People 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 self has been affected and how have I reacted to it?
<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)]

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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)

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

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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!]*

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

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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.

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

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

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

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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.]

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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?]

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

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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)

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[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)]