

The Fear inventory is done in columns like resentments. List fears connected to resentment (column four, question 4) and then any fears not connected to resentment (heights, spiders, snakes, poverty, aids etc.) As a technique to not miss any fears, then I look at any opposite of the fears I have already listed. After I have fears listed, I boil the fears down to my “Hit parade” with the question: “why do I have this particular fear?”

| Fear/Opposite fear | Why do I have this fear? |
|--------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Acceptance | | | | | |
| Rejection | I will be alone | It is painful | I will drink | I will die | Fear of the unknown |
| Isolation | Alone | Painful | Drink | Die | unknown |
| Relationships | Intimacy | Being found out | Unknown | | |
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An Example of Fear Prayer:

“God, thank you for helping me be honest enough to see this truth about myself and now that you have shown me the truth about my fears, please remove these fears from me. Lord, please help me outgrow my fears and direct my attention to what you would have me be. Father, demonstrate through me and help me become that which you would have me be. Help me do thy will always, Amen.”(68:3)

The Fear Tool:

As I go through my day, if I notice that one of my character defects has raised its ugly head, I use the fear tool. When I see the character defect, I know from experience that I must be afraid. The only problem is figuring out what I’m afraid of. Therefore, I go back to my ‘hit parade’. My ‘Hit Parade’ has all of my root fears on it and it helps me figure out which of my fears has been triggered. If I can figure out which fear it is, I stop and say the Fear Prayer, offering the fear to God. “At once, I commence to outgrow fear”. Now I have the Power I need to walk through the fear and live God’s will. I can now become what He would have me be...

Another way to look at Fears: each one.

Write out a fear inventory in paragraph form using the topics below.

What is the Fear?

What was my Belief System with regard to this fear?

How has Self-reliance failed me with regard to this fear?

What “Roles or Characters” (Theater of the Lie) has my ego assigned to me with regard to this fear?

When I experience this fear, what would God have me be?

Questions to ask of your main fears

When did I first have this fear?

How is it affecting me?

Why do I have this fear? What’s the lie I am telling myself?

How do I perpetuate this fear? How do I keep feeding this fear? How

do I keep feeding this fear? What do I do to avoid it?

What can I do instead?

Write at length about

Types of fears — The fear of:

Abandonment
Acceptance
Alcohol
Authority
Being bad, corrupt,
evil, defective
Being controlled
by others
Being deprived
Being foolish
Being harmed
Being incapable
Being worthless
Being unloved
Being useless
Being myself
Change
Communication
Conflict
Death
Declining health
Defeat
Diminishment
Disease
Doing wrong
Duty
Exposure
Failure
Fighting

Financial problems
Fragmentation
The future
God
Government
Guidance
Honesty
Hurting others
Ignorance
Incarceration (captivity; being
imprisoned)
Incompetence
Injury
Insecurity
Insignificance
Intimacy
Invasion of
boundaries
Isolation
Knowledge
Lack
Limitation
Loneliness
Looking stupid
Loss
Loss of connection
Material loss
Military

Love
Meaninglessness
Myself
No identity
Old age
Pain
The past
People (shyness)
Phobias
Possessiveness
Poverty
Public speaking
Punishment
Other Races
Rejection
Relationships
Responsibility
Ridicule
Self-expression
Selfishness
Separation
Sex & Sexuality
Shyness
Stupid (being)
Success
Support
The truth
The unknown
Vulnerability

Glossary of Direction

Examples of what God might direct

Glossary of Direction

Acceptance – tolerate and accept people and situations.

Altruistic – Unselfish interest in the welfare of others.

Assured – freedom from doubt; belief in yourself and your abilities.

Attentive – Regarding the needs of others; giving proper care.

Calm – Quiet; feeling friendly.

Compassionate – Forgiving, caring about the suffering and misfortune of others.

Complimentary – Expression that heals another.

Concerned – Concerned about others; a feeling that others are important.

Consciousness – An alert cognitive state in which you are aware of yourself and your situation

Considerate – Thoughtful; having consideration for others; regarding others and their feelings.

Dependable – Reliable for support or aid.

Diligent – Care and perseverance in carrying out the steps.

Disciplined – Self-controlled and efficient; orderly conduct.

Encouraged – Hope or courage; inspire with confidence; promote.

Energetic – Energy; ready to work.

Enthusiastic – Passionate and eager; having the presence of God within.

Fair – Reasonable, honest and just.

Faith – Complete confidence in a plan; express belief in a divine power.

Faithful – Authentic; genuine; true to life; having faith or loyalty; steadfast affection or allegiance.

Fearless – Confident, courageous.

Flexible – Yielding and compliant; capable of being changed.

Generous – Kind and charitable; willing to give and share; not petty in character and mind.

Gentle – Tender, kind and calm.

Good-will – grace; kindness and compassion.

Gracious – Polite and generous; characterized by kindness and warm courtesy; courteous.

Grateful – Thankful, appreciative, pleased, satisfied.

Happy – State of well-being; emotions ranging from contentment to intense joy.

Harmonious – Agreeable or pleasing; exhibiting equivalence.

Honest – Sincere and truthful; dependable; not disposed to cheat or defraud; not deceptive or fraudulent.

Honorable – Deserving respect; ethical.

Humble – Lack of false pride; unassuming and modest.

Inclusive – Including the whole truth.

Loving – Affectionate, devoted, tender; giving pleasure to others.

Miraculous – An amazing or wonderful occurrence; a marvelous event.

Moderate – Balanced, sensible and restrained.

Modest – Reserved and reasonable.

Nonjudgmental – Lenient with others; accommodating; hands-off.

Open-minded – Unbiased and tolerant; willing to consider new and different ideas or opinions.

Organized – Prepared and orderly.

Passive – Peaceable; cooperation with others.

Patient – Tolerant, serene, uncomplaining.

Peaceful – Absence of mental stress or anxiety; harmonious relations; freedom from dispute.

Polite – Courteous and sensitive; showing regard for others in manners, speech and behavior.

Rational – Lucid, sane and normal; state of having good sense and sound judgment.

Recovered – Freed from illness or injury; found after being lost.

Reliable – Trustworthy, consistent and dependable.

Reserved – Restrained desires. **Resigned** – Original, honest and faithful.

Respectful – Honorable; high regard for others.

Responsible – Meeting obligation, duties and responsibilities.

Sacred – Blessed by God.

Secure – Feeling safe; free from danger or risk; not likely to fail or give up.

Self-respecting – Knowing you are valuable; dignity; being worthy of esteem and respect..

Selfless – Concerned with the welfare and affairs of others.

Sensitive – Responsive to others' needs; able to feel or perceive the needs of others.

Sincere – Stable and honest; open and genuine; not deceitful; earnest.

Spiritual – Concerned with or affecting the spirit or soul.

Stable – Constant; enduring and free; quality of being steadfast.

Thorough – Careful and accurate; exhaustive; performed comprehensively and completely; painstakingly.

Tolerant – Open-minded, nonjudgmental; tolerant of others races, beliefs and lifestyles.

Transparent – Truthful and honest.

Trusting – Believing others are good; Innocent; not doubting others.

Trustworthy – Worthy of trust; reliable; taking responsibility for your conduct and obligations.

Useful – Being of service; quality of being of practical use.

Virtuous – Honorable and worthy; excellent.

Willing – Of your own

Fear Inventory *Read from bottom of page 67 through 68 of the Big Book before beginning.*

1. Column 1: Page 68: "We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them." (Complete column 1 from top to bottom. Do nothing with column 2, 3, 4, 5, until column 1 has been completed.)
2. Column 2: Page 68: "We asked ourselves why we had them." (Complete column 2 from top to bottom. Do nothing with column 3, 4, & 5, until column 2 has been completed.)
3. Column 3: Page 68: "Wasn't it because self-reliance failed us? Self-reliance was good as far as it went, but it didn't go far enough. Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. When it made us cocky, it was worse." (Complete each column within column 3 from top to bottom. Do nothing with column 4 until column 3 has been completed).
4. Column 4: What part of self does the fear affect? (Complete each column within column 4.)
5. Column 5: Page 68: "We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear."

| What is the fear? | Why do I have this fear? | How has self-reliance failed me with regard to this fear? i.e.: self-reliance, self-confidence, self-discipline, self-will. | What behavior is manifest? What part of self does the fear affect? i.e.: self-esteem, pride, emotional security, pocketbook, ambition, personal relations, sex relations. | When I experience this fear, what would G-d have me be? G-d: please remove my fear and direct my attention to what you would have me be. |
|--|---|---|---|--|
| <p>Alone When did I first have this fear? Always, as long as I could remember.</p> | <p>I am afraid of being abandoned → In pain → Suffering → Dying → Fear of the unknown → There is no G-d: I am afraid that there is nothing on the other side and there is no G-d to catch me when I transition from this world.</p> | <p>My self reliance fails me because then I am in pain and get angry and resentful towards other people. I want other people to behave the way I want them to behave, and don't accept them the way they are. It affects me because nothing is ever OK no matter what I do and I feel fearful. I am in the delusion that I am alone and that there is no G-d because if G-d is everything, then I am never alone. If I feel that there is no G-d then it means that He is not in charge. The delusion is that I am in charge, when I am not. I felt that other people should read my mind and know how to behave and I don't take responsibility for my own needs and boundaries.</p> | <p>This fear affects all parts of myself. I perpetuate this fear by not turning to G-d for EVERYTHING in my life. I avoid praying and connecting with G-d.</p> | <p>G-d, remove my fear of being alone, in pain, suffering and death. G-d, please direct my attention to being faithful, patient, peaceful, self-respecting, virtuous spiritual and tolerant, secure in the knowledge that You are always with me. G-d. please allow me to see the good in the midst of all my pain and suffering.</p> |
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