**Back-to-Basics, A Design for Living**

**Month 2 Fear Inventory**

**—Long Form—**

Please fill out this worksheet using one fear on your fear worksheet. Choose a fear that is particularly charged for you. Read your answers to your sponsor at your weekend meeting.

First, pick a fear you have on your Fear Inventory worksheet and write it down in one short simple sentence.

My Fear is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Then answer the following questions. (If a question doesn't apply skip it)

**PART I**

Why do you think you have this fear?

What other thoughts come up when you have this fear?

How do you react when these thoughts arise?

Where do you feel the fear in your body?

How old were you when you first had this fear?

Are these thoughts true?

How has this fear affected you or is affecting you now in your life?

How has this fear affected those around you?

Where do you lose your power when you have these fearful thoughts?

When you have these fearful thoughts are you thinking mostly of yourself?

When you have these fearful thoughts where do you stop considering others? (For example: I have a beautiful voice that others would enjoy listening to, but I am too afraid to volunteer to sing a solo. I don't consider that my gift would uplift others. Or, I am so afraid of not getting what I want, I look at others as my competition.)

When you have these fearful thoughts, how do you become inconsiderate of yourself?

What are you afraid of losing?

Where do you fear you will not get what you want?

When you have these fearful thoughts how do you try to play God and be in control?

When you have these fearful thoughts where are you dishonest with yourself?

Where do you start to become dishonest with others?

Where do you create a negative future for yourself and others?

When you have this fearful thought, what ways do you blame others?

When you have this fearful thought where do you blame yourself?

When you have this fearful thought, how do you make yourself superior to others?

Where did you feel shame or guilt for having this fear?

When you have this fear, who do you envy? Who do you feel jealous of?

When you have this fearful thought, how do you procrastinate or avoid taking action?

What compulsive or addictive behaviors do you to start to activate to get away from this fearful thought?

Where does this fearful thought become an obsession or a compulsion? Where does it spin around and repeat itself?

Here your sponsor will ask you this question:

“Are you willing to have God remove these **fears** and replace them with **Courage, Faith, Love, and Action**?”

If you say, “Yes” then continue with these questions:

**PART 2**

What would this situation look like without this fear? For instance, what if you were not capable of thinking the thought that lead to this fear. What would it be like?

What would this situation look like if you had clarity?

What would this situation look like if you felt confidence?

What would this situation look like if you had faith in your Higher Power?

How would this situation look if you had faith in yourself?

What could you see happen if you had faith in other people or institutions?

What would this situation look like if you "acted as if" you would succeed?

What would this situation look like if you took one small action?

Where could you be more considerate of yourself in this situation?

How would letting go of this fear make you more considerate of others?

What would it be like not to blame yourself or others?

How would this situation be different if you were honest and authentic with yourself?

How would this situation be different if you were honest and authentic with others?

What would this situation look like if you felt you were competent?

What would you see in this situation if you saw yourself and others as equal? If you had humility.

How would this situation be different if you felt you were worthy?

How would this situation be different if you saw others as worthy?

How would it feel if you felt acceptance for this fear?

How would this situation be different if you felt the energy and willingness to take action?

Where can you be generous in this situation?

How can you give your **Love** and your **Gifts** to others and stop holding back?

Where can you give the gift of "live and let live" to other people?

Where can you find gratitude for this situation?

What useful lessons have you learned because of this situation?

Here your sponsor will ask you: Because fear is the opposite of love, and when we feel fear our heart closes off,

Are you willing to let your Higher Power love you?

Are you willing to let others love you?

Are you willing to love yourself?

Are you willing right now to forgive every person who you blame for this fear?

Are you willing right now to forgive yourself 100% for carrying this fear?

Fear can be be lightened by laughter. Where can you find humor in moving forward.

Are you willing right now to take 3 small actions to overcome your fear and become more proficient and capable of doing what holds you back.

Then discuss with your sponsor any actions you need to take to overcome this fear. Make a list of at least 3 small actions and bookend them with your sponsor.

Read p. 68 of the Big Book:

*All [people] of faith have courage. They trust their God. We never apologize for God. Instead we let [God] demonstrate, through us, what [God] can do. We ask [God] to remove our fear and direct our attention to what [our Higher Power] would have us do and be. At once we begin to outgrow fear."*

We now understand that when we turn to our HP for relief from our Fears, we turn to love instead of fear. This is why people of faith have courage, they connect with their Higher Power and let the God of their understanding do for them what they could not do for themselves.

End this session with your sponsor by saying the 7th Step prayer or creating your own 7th Step Prayer.

Write down your Learnings

1.

2.

3.

4.

5.