**BBB2B FOURTH STEP INVENTORY SHORT FORM**

**Fears**

**Instructions:**

1. Read pages **67-68** of the Big Book.

2. Column 1: Take quiet time to reflect and list your fears before filling in columns 2, 3, and 4.

3. Column 2: List why you have this fear, based on previous experience. Use your very first related experience if you can remember it.

4. Column 3: Look at how relying on yourself has failed you and write the behaviors you engage in to manage this fear.

5. Column 4: Imagine what your life would look like if you trusted and relied on your Higher Power.

| **List the Fear** | **Why do I have this fear? Remember your earliest experience of this.** | **How has self-reliance failed me? What do I do to manage my fear?** | **What would my life look like if I were to “*trust infinite Higher Power rather than our finite selves*?"** |
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| Example: Fear of Confrontation | In the second grade, the principal told my schoolmates and me that we were not allowed to play kickball during recess, and I argued with her about it, she called my mother and got me into trouble. | I engage in people-pleasing, isolate, withdraw, and keep my mouth shut to prevent experiencing similar situations.  | I would be honest instead of inauthentic. I would feel at ease with who I am and would accept myself, while also respecting other people’s rights to their own thoughts and opinions. I would accept that I don’t know everything and am not always right. |
| Example: Fear of Heights | My family went on vacation to New York City, and my father took me up to the top of the Empire State Building and lifted me up to look over the ledge, I didn't like it at all. I was very scared. | I never go near the edge of anything. I panic when I am in high places like on a bridge and avoid flying if I can. I avoid making plans with my family to see the Grand Canyon. | I would still exercise caution, but I would also trust and relax into the experience, knowing that Higher Power has my back and will not let me fall if I am careful. |
| Example: Fear of being incompetent | My father yelled at me in front of my siblings and said that I was “*so stupid I couldn’t pour water out of a boot if the instructions were written on the heel.”* This shamed and humiliated me deeply. | I try to hide my faults, isolate, lie, cheat, and pretend to be someone I am not. | I would love myself no matter what, stop comparing myself to others, and stay calm and relaxed in any or most situations. I would see that my worthiness is not based on other peoples’ views of me but comes from my own relationship with myself and with my Higher Power. |
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