**BBB2B FOURTH STEP INVENTORY LONG FORM
Fears**

Before completing this worksheet, please read the paper, titled ***A Few Thoughts on Fear*** (in your packet).

Please fill out this worksheet, using one fear from your *Fourth Step Inventory Short Form – Fear*. Choose a fear or situation that is particularly charged for you.

**Write a concise sentence that clearly states your fear:**

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Now answer the following questions. *(Skip any question that does not apply.)*

**Part I**

Why do you think you have this fear?

How old were you when you first experienced this fear?

Where do you feel this fear in your body?

What thoughts come up when you have this fear?

How do you react when these thoughts arise?

Are these thoughts true?

Do you feel shame or guilt for having this fear? How so?

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

How has this fear affected those around you?

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

What are you afraid of losing?

Do you fear you will not get what you want? What is it you want?

Do you try playing God and be in control when you have these fearful thoughts? How so?

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

Do you envy others when you experience this fear? Who are you jealous of? What do you envy in others that you think you lack?

How are you dishonest with yourself when you have these fearful thoughts?

When or how do you become dishonest with others?

How do you blame others when you have this fearful thought?

When or how do you blame yourself?

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

How do you possibly create a negative future for yourself or others?

Who are you thinking of when you have these fearful thoughts? Are you thinking mostly of yourself?

When you have these fearful thoughts, how do you stop considering others? (e.g., 1) I have a lovely voice that others enjoy, but I am too afraid to sing solo. I don't pause to consider that my gift can uplift others. 2) I am so afraid of not receiving what I expect. 3) I look at others as my competition.)

How do you become inconsiderate of yourself? (e.g., I miss opportunities. I underestimate myself.)

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

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

Here your sponsor will ask you:

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

If you answer *“yes,”* continue with Part 2. Skip the questions that don’t apply.

**Part II**

What would this situation look like without this fear? Consider not being capable of thinking the thought that leads to this fear: What would it be like?

How would it feel if you accepted this fear without shame or judgment?

What would this situation look like if you had clarity?

How would this situation differ if you took one small action?

What would this situation play out if you “acted as if” you would succeed?

What would it look like if you felt confidence?

How would it be different if you felt you were competent?

How would this situation be if you felt worthy?

How would it be different if you saw others as worthy?

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

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

How could you envision the situation if you had faith in other people or institutions?

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

How would the situation differ if you were honest and authentic with yourself?

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

How would you experience this situation if you saw yourself and others as equal? If you had true humility (neither superior nor inferior to others)?

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

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

How would this situation differ if you mustered the energy and willingness to take action?

Where can you be generous in this situation?

How can you share your **Love** and **Gifts** with others and stop holding back?

Where can you give the gift of “*live and let live*” to others?

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 allow others to love you?

Are you willing to love yourself?

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

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

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

Are you willing right now to take three small actions to overcome your fear and become more capable at tackling what’s holding you back?

**Assignment**: 1) Discuss with your sponsor any actions you need to take to overcome this fear.

2) Make a list of at least **three small actions** and bookend them with your sponsor.

Read the following paragraph from the Big Book (page 68):

“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 Higher Power 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.

Write down your learnings:

End this session with your sponsor by saying the **Seventh Step Prayer** or creating your own seventh step prayer.

*My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen.*