Fear Inventory — Worked Example

This example shows how the fear drill-down process works. Each column asks *"Why do I have this fear?"* — tracing the fear to its root. When a fear is duplicated, that line ends (shown with ~~strikethrough~~).

(a) I Fear being…	(b) Why do I have this Fear?	(c) Why do I have this Fear?	(d) Why do I have this Fear?	(e) Why do I have this Fear?	(f) Why do I have this Fear?
not good enough	unwanted	alone	emotional painful	drinking	dying
not trusted	disliked	~~alone~~			
irresponsible	~~disliked~~				
disrespected	~~unwanted~~				
disliked	alone	emotional painful	drinking	dying	unknown
how I look	rejected	~~emotional painful~~			
alone	emotional painful	drinking	dying	unknown	no God
left out	~~unwanted~~				
emotional pain	drinking	dying	the unknown	no God	self-reliance fails
not needed	~~unwanted~~				
drinking	dying	the unknown	no God	self-reliance fails	

Key Observations

- Each list gets smaller as fears consolidate: 11 → fewer unique fears each column
- When a fear has already appeared, it's crossed out — that line is done

- The trail always leads toward the same root fears:

> *being alone → emotional pain → drinking → dying → the unknown → no God → self-reliance fails me*

Next Step

After completing the fear drill-down, look at your fears and write how they caused harm and to whom.

From the Big Book Awakening Step Four guide at bigbook.it/step-4/ · a page of the guide, not the workbook itself: the workbook's own pages are linked from “Originals & sources.” · source examples/fear-inventory-example.md