Fear Inventory — Worked Example #2

This is a more detailed fear inventory worksheet showing how fears are drilled down across 8 columns. Each column asks *"Why do I have this Fear?"* — tracing fears to their root. When a fear repeats, that line ends (shown with ~~strikethrough~~).

(a) I Fear being…	(b) Why?	(c) Why?	(d) Why?	(e) Why?	(f) Why?	(g) Why?	(h) Why?
not perfect	unwanted	alone	suicidal	dead	no God	self reliance fails me	
perfect	have to repeat	can't repeat	failure	you'll hate me	alone	no God	SRF (self rel. fails)
not good enough	unliked	pain	want to use	die	~~no God~~		
good enough	live up to it	can't live up to it	~~failure~~				
unable to work	broke	failure	hate myself	miserable	I'll use/Die	no God	SRF (self rel. fails)
less than model empl.	fired	~~failure~~					
taken advantage of	used	angry	stuff feelings	~~miserable~~			
not being respected	not valued	won't have value	I'm nothing	hate me	I'll use/Die		
defective	never be fixed	~~pain~~					
not acknowledged	unimportant	unloved	unwanted	lonely	suicidal	~~no God~~	
confronted	unworthy	less than	lonely	I'll use	no God	~~SRF~~	
underpaid	not having enough	you'll think less of me	alone	suicidal	dead	~~no God~~	
not valued	less than	I'll use	no God	SRF			

Key Observations

- The initial 13 fears drill down through progressively deeper layers
- When a fear has already appeared, it's crossed out (~~strikethrough~~) — that line is done
- Root fears that emerge repeatedly: **no God**, **self-reliance fails (SRF)**, **failure**, **miserable**, **pain**
- The chain typically leads toward: fear → isolation → self-destruction → spiritual bankruptcy

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-2.md