Fear Inventory — Instructions

1) Read

Big Book from p.67-¶3 *"Notice the word fear"* to p.68-¶3 *"outgrow fear."*

2) List All Fears

Fold a sheet of paper into four columns or use the template below. Take all of your fears you wrote in your Resentment Inventory and make one single list in the first column **(a)**. List each different fear only once in the first column.

(ref. p.68-¶1-L1 "We put them on paper.")

3) "Why Do I Have This Fear?"

Consider the fear underlying each fear and write it in the next column **(b)**.

(ref. p.68-¶1-L3 "We asked ourselves why we had them.")

Example: A Trail of Underlying Fears

- **(a)** I fear being **not good enough** — if I'm not good enough, I fear I'll be **unwanted**.
- **(b)** I fear being **unwanted** — if I'm unwanted, I'll fear **being alone**.
- **(c)** I fear **being alone** because I fear the **emotional pain** of being alone.
- **(d)** I fear sitting in **emotional pain** — if I sit in pain long enough, I fear I'll **drink** again.
- **(e)** I fear **drinking**, for me to drink again is to **die**.
- **(f)** I fear **dying** because I fear the **unknown** — I don't know what dying means.
- I fear the **unknown** because I fear there is **no God**.
- I fear there is **no God** so I repeatedly trust self-reliance even though I fear **self-reliance fails me**.

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

Rules

- Repeat the consideration of *"Why do I have this fear?"* with each fear listed in your first column.
- Do one column at a time. Do as many columns as it takes to get down to one fear.
- Each list should get smaller: 80 becomes 40, 40 becomes 15, 15 becomes 6, 6 becomes 1.
- Notice when a fear is duplicated — the line ends once the fear is duplicated and crossed out.

Note: If your lists aren't getting smaller each time, it's a good indicator you don't understand.

4) Harms

Look at your fears; write how your fears caused harm and to whom.

Fear Inventory Worksheet

(a) List all Fears: 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?