Common Fears Reference

This is a reference list of fears extracted from the examples. Use it to help identify and name your fears while writing Column 3. Each fear shows which areas of self it commonly appears under and an example sentence from the inventories.

Area key: SE = Self-Esteem, PR = Pride, AM = Ambition, SEC = Security, PERS = Personal Relations, SEX = Sex Relations, PB = Pocket Book

- **a bad person** `[SE]` — *"I am the greatest friend anyone could have around."* — #2
- **abandoned** `[PR, SEC]` — *"I need to know she'll never leave me to be okay."* — #4, #7
- **alone** `[SE, SEC, PERS, PB]` — *"Wives stick by their husbands no matter what."* — #4, #9, #10, #12 | fear example
- **always be victim** `[PR]` — *"Others should see me as powerful, not as a victim."* — #9
- **bad husband** `[SE]` — *"I'm the best husband she could get."* — #4
- **bad provider** `[PB]` — *"No one should look down on my ability to provide for my family."* — #4
- **being betrayed** `[SEC]` — *"I need to know that people won't hurt me and that I can trust my friends to be okay."* — #5
- **being hurt** `[SEC]` — *"I need to know that people won't hurt me and that I can trust my friends to be okay."* — #5
- **boring** `[AM]` — *"I want to be loved, pursued, adored — Wanted."* — #10
- **bossed around** `[SEC]` — *"I need her to leave me alone. I need to feel safe to be okay."* — #8
- **broke** `[SEX]` — *"Real Men and Women buy happiness and get whatever they want."* — #12
- **broken** `[SE, SEC, SEX]` — *"I am important. I matter! I am loved."* — #10, #11
- **can't be fixed** `[PB]` — *"No one should have to spend so much money to get love!"* — #11
- **can't believe** `[PERS]` — *"Real Men and Women are able to believe in and have a relationship with God."* — #9
- **can't protect self** `[PR]` — *"Others should protect me."* — #9
- **crazy** `[SEX]` — *"A real woman would get on with her life and not let the past bother her."* — #7

- **defective** `[SEC, SEX]` — *"A real woman would get on with her life and not let the past bother her."* — #7, #10
- **deprived** `[PB]` — *"No one should put their spouse's comfort above the welfare of their children."* — #7
- **disgusting** `[SEX]` — *"Real Women/Men are cared for, loved and sacrificed for..."* — #11
- **disliked** `[PR]` — *"Others should see what a likable guy I am."* — #2
- **dispensable** `[PR]` — *"Others should see how irreplaceable I am."* — #3
- **disposable** `[SE]` — *"I am important. I matter! I am loved."* — #11
- **disregarded** `[AM]` — *"I want to be loved, pursued, adored — Wanted."* — #10, #12
- **disrespected** `[PR, AM]` — *"No one should see me being lied to."* — #6, #7
- **failure** `[SE]` — *"I am what I have and earn. I am powerful and attractive."* — #12
- **fired** `[PB]` — *"No one should interfere with my job security."* — #1
- **fraud** `[PR]` — *"Others should see me as having it 'all together'!"* — #10, #12
- **helpless** `[PB]` — *"No one should make treatment to heal so expensive or out of reach."* — #9
- **hopeless** `[PB]` — *"No one should make treatment to heal so expensive or out of reach."* — #9, #11
- **ignored** `[PB]` — *"Others should see that I have enough Money to attract someone."* — #10
- **invisible** `[PR, AM]` — *"Others should want me and value me."* — #10, #11
- **irrelevant** `[AM]` — *"I want to be the center of loving attention."* — #11
- **judged** `[AM]` — *"I want friends to never take advantage of me and appreciate how spiritual I am."* — #5
- **looked down on** `[AM]` — *"I want others to look up to me."* — #3
- **lose control** `[SEX]` — *"A real woman (me) commands respect and can control the situation."* — #5
- **loser** `[PR]` — *"Others should 'stand in line' to be with me!"* — #10
- **losing** `[SEC]` — *"I need to not be challenged to be okay."* — #1
- **losing my entitlement** `[AM]` — *"I want her to go away."* — #8
- **love isn't real** `[SEC]` — *"I need to be loved by someone, to be OK."* — #10
- **miserable** `[SEX]` — *"Real Men and Women buy happiness and get whatever they want."* — #12

- **mistreated** `[SEC]` — *"I need to know people close to me will be fair to be okay."* — #7
- **money can't buy love** `[SEC]` — *"I need to know I matter more than my money to be OK."* — #12
- **money doesn't work** `[PERS]` — *"Money is trustworthy, makes me happy and secure."* — #12
- **money won't fix it** `[SE]` — *"I am what I have and earn."* — #12
- **money won't last** `[SEC]` — *"I need MORE to be OK."* — #12
- **never be loved** `[SEC]` — *"I need to be loved by others to be OK."* — #11
- **never be safe** `[SE]` — *"I'm worth caring for and protecting. I am valuable."* — #9
- **never heal** `[AM]` — *"I want to believe there is a God who loves and cares for me."* — #9
- **no control** `[SE, SEX]` — *"I'm worth caring for and protecting."* — #9, #10
- **no rights** `[AM]` — *"I want them to pay for what they've done to me."* — #9
- **not accepted** `[PERS]` — *"Real Partners are fully known and fully accepted."* — #10
- **not good enough** `[SE, SEC, PERS]` — *"I am a great guy to have around."* — #1, #3, #5, #6, #7, #8 | fear example
- **not having enough** `[PB]` — *"No one should prevent me from getting ahead in my career."* — #6
- **not important** `[SE, PR]` — *"Others should see how important I am."* — #5, #6, #7
- **not needed** `[PERS]` — *"Real employers should always be honest and reward their best employees."* — #6
- **not respected** `[AM, SEX]` — *"I want the respect of others."* — #1, #2, #3, #4, #5, #6 | fear example
- **not trusted** `[PERS]` — *"Employers trust their employees' abilities and work ethic."* — #3
- **not trusting** `[PERS]` — *"Real friends can be trusted by their friends with everything."* — #5
- **not trustworthy** `[PERS]` — *"Real sisters love their brothers and work through anything."* — #8
- **not valued** `[PR, SEC, PB]` — *"I need others to see my value as a person to be okay."* — #2, #3, #5, #6 | fear example
- **pathetic** `[SE]` — *"I am desirable. I have what he/she wants."* — #10
- **poor** `[AM]` — *"I want people to help me be successful and rich."* — #12
- **powerless** `[SE, SEC, SEX]` — *"I'm worth caring for and protecting. I am valuable."* — #9
- **rejected** `[PR, AM, PERS]` — *"I want the respect and approval of others."* — #7, #10

- **scorned** `[PR]` — *"No one should see me being left out."* — #7
- **seen as the same** `[PR]` — *"She should see that I have changed for the better."* — #8
- **single for the rest of my life** `[SEX]` — *"A real woman should know how to treat men in a decent manner."* — #8
- **soul is dying** `[PB]` — *"No one should have to spend so much money to get love!"* — #11
- **stuck** `[PERS]` — *"Real Men and Women are able to believe in and have a relationship with God."* — #9
- **taken advantage of** `[PR, SEC]` — *"No one should want to take advantage of me."* — #1, #5, #8
- **terminated** `[PB]` — *"No one should challenge my ability to do a good job."* — #3
- **ugly** `[SE]` — *"I am desirable. I have what he/she wants."* — #10
- **unable to trust** `[PERS]` — *"Fellow workers can trust each other."* — #1
- **unappreciated** `[AM]` — *"I want friends to never take advantage of me and appreciate how spiritual I am."* — #5
- **undesirable** `[SE, SEX]` — *"I am desirable. I have what he/she wants."* — #10
- **unloved** `[AM, PR, PERS]` — *"I wanted to be loved no matter what I do."* — #4, #7, #10, #12 | fear example
- **unloveable** `[AM]` — *"I want to believe there is a God who loves and cares for me."* — #9
- **unprotected** `[PERS]` — *"Fathers protect their daughters."* — #7
- **unsuccessful** `[PB]` — *"No one should interfere with my financial security."* — #8, #12
- **unwanted** `[PR, AM, SE, SEX, PB]` — *"A real man is wanted anywhere."* — #2, #4, #6, #10, #11, #12 | fear example
- **unwelcome** `[PERS]` — *"Wives welcome their husband's friends into their homes."* — #2
- **used** `[AM]` — *"I want friends to never take advantage of me."* — #5
- **victim** `[SEX]` — *"Real Men and Women don't get abused."* — #9
- **weak** `[PR, SEC, SEX]` — *"A real man stands up for himself."* — #1, #7, #9, #12 | fear example
- **worthless** `[SE, SEC, AM]` — *"I need others to see my value as a person to be okay."* — #2, #9, #10, #11 | fear example

This list is not exhaustive — your inventory will reveal fears unique to you. Use this as a starting point to help name what you're seeing.

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 fears.md