

Some Core Fears on p2

being:

unworthy (piece of s&%t), unlovable (and it's permanent), nothing, dying, unable to survive abandoned/alone, powerless, in an evil world,doomed, emotional pain, unknown, hopelessness/despair, wasted life/unreached potential, incurable depression, dysfunctional, death, failure/loser

Delusions (page 2. Realizations)

These are the deals I am making in the world to cope with the fears.

If I can make x happen, then y will be true.

From the Big Book:

“Is he not a victim of the delusion that he can wrest happiness and satisfaction out of this world if only he manages well?” p. 61

i.e. “If only I manage well (x from above), I can wrest happiness and satisfaction out of this world (y)

“If only my arrangements would stay put, if only people would do as I wished, the show would be great.” p 60 to 61

i.e. If I am kind, considerate, patient, generous, modest, self-sacrificing, then(y -- fill in the blank)

“If the rest of the world would only behave, all would be Utopia.” p. 61-62

“If I have a sufficient code of morals, I can overcome alcoholism.” bottom of p. 44 to 45

Some good ones:

If I play by the rules, I can control the outcome
I should get what I want

If I wear summer clothes, it will be warm outside. (I actually did this when I was about 9 years old)

If I am incompetent, people will look after me. (from Dan Sherman)

If I am the best _____ and everyone sees that, I will be worthy of love/my parents will have loved me enough

If I always choose men who are incapable of loving me right, my father can still do it first.

If I cynically dissect spiritual beliefs and practices, I don't have to worry that there is no God.

If I can manage on my own, it is okay that there is no God.

If I keep myself busy to the point of exhaustion, I am/will be a success

If I ask for the least I can get by with, I will be safe.

If I am the knight in shining armour (i.e. rescuer/hero), I will be loved

If I stay a child, my mother will come after all.

If I get everything right and perfect, I will be capable/worthy of communing with God.

If insert name agrees with my perception of reality, I am sane/my suffering is real/

If I am in self-loathing, no one can blame me.

If I acknowledge tacitly but openly that I am beneath others, I will be included in the group.

If I have successful allies, I have a chance at success.

If I have a serious illness (or any other crisis), then it is okay to take care of myself properly (including when it costs money)

If I stay reliant on other human beings, it's ok God isn't there/ I can avoid uncertainty and be safe

If I am in crisis, I can ask for attention/look for support

If my life is a big drama, i am glamorous/a true artist/....

If I rant and rave about something, I am no longer powerless over it.

If I am sad and needy, someone will come and rescue me.

Attitudes

My justification for my behaviour (that i actually know is wrong because I have to make the deal that is the delusion above happen – my life depends on it (in my mind)

e.g. I get to (be)/It is ok in my special case to: lie, steal, manipulate, control, decide the when and how of things, judge, get angry, lie, cheat, be needy, backstab, be out for me first, dishonest, bossy, be sycophantic, hierarchical etc etc

other beliefs/attitudes: no matter how much i do it isn't enough, i am undeserving, or conversely uniquely entitled and on