

After writing all of your inventories (resentment, fear, sex), list the top 3-5 fears (the repeat offenders).

Answer each of the questions below for each fear. Be as thorough as possible.

Fear Inventory Questions (from Big book p. 68 paragraph 1)

Why do I have this fear?

How did I deal with this fear?

- What behavior/attitude did I adopt?
- Where did it fail?

Can I see that it worked?

- What was good about it?
- Where did it fail?

Where did I have confidence?

- Where did it make me cocky (overly self-assertive)?
- Where did it make matters worse?

Perhaps there is a better way—we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity. —Big Book p.68 paragraph 2

We never apologize to anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness. Paradoxically, it is the way of strength. The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear. —Big Book p.68 paragraph 3