

Fears list first draft from Jennifer and Oliver's workshop 2019 (Keith helped too!!!)
 just a very partial list but very helpful when doing our resentment sheets. Hope it helps
 (I've also included the most recent ones from the Big Book Awakening Facebook post)

| | | | |
|----------------------|-------------------------|--------------------------|-------------------|
| Not good enough | I think less of me | not getting I want or | not having enough |
| unsuccessful | others think less of me | what I think I want | having too much |
| taken advantage of | abandoned | or need | emotionally |
| not perfect | smothered | deprived | insurmountable |
| Not respected | bad provider | seen as a drunk | irrelevant |
| unable to work | suicidal | the lies in my head | insignificant |
| losing | relapse | no good | attacked |
| not acknowledged | want to relapse | difficulty | hated |
| unable to be trusted | used | losing something I value | unwanted |
| confronted | hate myself | losing someone I value | desired |
| weak | judged | emotional things being | exposed |
| underpaid | stuff feelings | too difficult to handle | stuck |
| fired | unappreciated | emotional pain | forgotten |
| unliked | I'm nothing | failure | beaten |
| a bad person | being hurt | not important | violated |
| broke | no god | unseen | rejected |
| disliked | being betrayed | struggle | accepted |
| never being "fixed" | death | success | pain |
| not valued | lose control | losing something or | joy |
| unimportant | die | someone I love | alone |
| worthless | not needed | losing something or | togetherness |
| unworthy | miserable | someone think I need | useless |
| unwelcomed | not having enough | or must have | responsibility |
| less than | scorned | embarrassed | death |
| unwanted | disrespected | humiliated | life |
| alone | respected | hurt | ridiculed |
| dispensable | mistreated | exposed | admired |
| feeling pain | unprotected | abandoned | ostracized |
| looked down on | rejected | unloved | ordinary |
| can't live up to | defective | unworthy | powerless |
| expectations | being found out | unsuccessful | suffering |
| not trusted | being lied to | betrayed | numb |
| failure | crazy | abuse | vulnerable |
| bad husband / wife | insane | lies | walled off |
| angry | | no God | weak |
| | | no purpose | strong |

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| | | | |
|--|--|--|--|
| victimized | walking away letting go | watching anothers suffering being stuck | untrustworthy God's will for my life alone in a godless world |
| harmful unprotected | speaking my needs speaking my truth staying | not being able to let go spiritual blindness not being able to see insanity | making mistakes sounding stupid being judged |
| fraud imposter picking up acting out intimacy | others thinking negatively about me inept can't be responsible being responsible | an unsound mind mine or others | trusting God trusting myself trusting others not trusting God not working the steps enough or right |
| blind blocked invisible | the future unknown not getting what I want | not spiritual hating myself hopeless unchanged chaotic judging self-hate | not being a deep thinker faithless self-reliant imperfect non-compliant shallow stupid insipid expectations weakness contempt pain illness fanaticism collapse an angry god getting caught being homeless not loving others enough not sleeping depression pain bba being watered down |
| wealth poverty wasted life selfishness | God's love won't reach me powerless over my feelings powerless over my emotions too much emotions rise in me | not enough unlovable non-spiritual being blocked/stuck shallow not trying hard enough being lazy death total annihilation fear of autocorrect | |
| not being seen not being heard being seen being heard thin fat old new | rejection inadequacy unnoticed being me being myself can't be myself relationships shame humiliation change | vengeance Alzheimer's being loved being undesirable being replaced discarded not significant illness untreatable undiagnosed no god inadequate suffering responsibility | |
| weak strong not a real man not a real woman immature still a child can't grow up workaholic lazy | | | |
| admired shunned | What I think of you what I think of me not a good judge of myself my own humanness | | |