**FOURTH STEP INVENTOR Y: FEARS**

Read from bottom of page 67 through 68 of the Big Book before beginning.

1. Column 1: Page 68: “We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them.” (Complete column 1 from top to bottom. Do nothing with columns 2, 3, 4, 5, until column 1 has been completed.

2. Column 2: Page 68: “We asked ourselves why we had them.” (Complete column 2 from top to bottom. Do nothing with column 3, 4, & 5, until column 2 has been completed.

3. Column 3: Page 68: “Wasn’t it because self-reliance failed us? Self-reliance was good as far as it went, but it didn’t go far enough. Some of us once had great self-confidence, but it didn’t fully solve the fear problem, or any other. When it made us cocky, it was worse.” (Complete each column within column 3 from top to bottom. Do nothing with column 4 until column 3 has been completed).

4. Column 4: What part of self does the fear affect? (Complete each column within column 4.

5. Column 5: Page 68: “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.”

<table>
<thead>
<tr>
<th>What Am I Afraid Of?</th>
<th>Why do I have the fear?</th>
<th>Which Part of Self Have I Been Relying On Which Has Failed me?</th>
<th>What Part of Self Does The Fear Affect?</th>
<th>We ask for the fear to be removed</th>
</tr>
</thead>
<tbody>
<tr>
<td>List the names of people Institutions, principles or anything else that you fear.</td>
<td>Why am I afraid?</td>
<td>Self-reliance</td>
<td>Self-confidence</td>
<td>Self-discipline</td>
</tr>
</tbody>
</table>

**Fear Prayer:**

“God, please remove my fear of ________ and direct my attention towards what you would have me to be.”