Review Of Fears

INSTRUCTIONS FOR COMPLETION

Instruction 1 — In dealing with fears we set them on paper. We listed people, institutions, or principles with whom we were fearful. (Complete column 1 from top to bottom. Do nothing on columns 2, 3, or 4 until column 1 is complete.)

Instruction 2 — We asked ourselves why we have the fear. (Complete column 2 from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete.)

Instruction 3 — What part of self caused the fear? Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? (Complete each column within column 3 going from top to bottom, starting with the Self-Esteem column and finishing with the Sexual Ambitions column. Do nothing on column 4 until column 3 is complete.)

Instruction 4 — (Referring to our list again.) Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, and frightened and inconsiderate? (Asking ourselves the above questions, we complete each column within column 4.)

Instruction 5 — Reading from left to right we now see the fear (column 1), why we have the fear (column 2), the part of self that caused the fear (column 3), and the exact nature of the defect within us that allowed the fear to surface and block us off from God's will (column 4).

	COLUMN 1	COLUMN 2	"SELF" COLUMN 3										COLUMN 4			
			Affects My... (Which part of self caused the fear?)										What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings:			
			Social Instinct		Security Instinct		Sex Instinct		Ambitions							
	I'm fearful of:	Why do I have the fear?	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual		Selfish	Dishonest	Self-Seeking Frightened	Inconsiderate
1																
2																
3																
4																
5																
6																
7																