

## Review of FEARS : Instructions

**1)** "We reviewed our fears thoroughly. We put them on paper." (pg.68:1)

So – our first task is to make a list of our irrational fears. These are the God-given fears that are out of proportion – have become out of control – and adversely rule, control and dominate our lives.

I'm afraid of: \_\_\_\_\_ I'm afraid of: \_\_\_\_\_

I'm afraid of: \_\_\_\_\_ I'm afraid of: \_\_\_\_\_

I'm afraid of: \_\_\_\_\_ I'm afraid of: \_\_\_\_\_

I'm afraid of: \_\_\_\_\_ I'm afraid of: \_\_\_\_\_

**2)** "We asked ourselves why we had them." (pg 68:1)

Looking back over my lifetime, I cannot identify a single fear that didn't revolve around one or more of the following:

- I'm afraid of losing something I have, or
- I'm afraid of not getting something I want, or
- I've done something I don't want revealed and I'm afraid of being found out

So, which of those explains why you were afraid of \_\_\_\_\_?

It is suggested that the reason for having our fears was "because self-reliance failed us...(that)...self-reliance was good, as far as it went, but it didn't go far enough...(and)...it didn't fully solve the fear problem, or any other." So, using terms like "didn't go far enough" and "fully solve" makes it clear that a part – a vital and essential part – of the "fear removal process" was missing. And that part was God. I've discovered that when God is invited into any situation, the dynamics change – immediately.

The book points out that we're now on a different path, the basis of which is "trusting and relying upon God" (pg. 68:2). Whereas we have limited (finite) resources, God's powers are unlimited (infinite). So – if we want relief, we first must **ask**. Then, we must **act** as God would have us act. And – to the extent that we do (act) as God would have us, does he match/replace our calamities (chaos) with serenity (peace of mind) (pg. 68:2).

So: **3)** "We (earnestly) ask Him to remove our fear of \_\_\_\_\_ and direct our attention to what he would have us be" (pg. 68:3) In other words, by **seeking God's help** and **applying all the will-power at our command**, we act courageously. "At once, we commence to outgrow fear." (pg 68:3)

Please note that it does not say that we're now free of fear. What is promised is that we have "commenced" – or embarked on a course of action to do so. That process will be refined and mature in the related work of the Seventh Step.