FEAR INVENTORY

INSTRUCTIONS FOR COMPLETION

Instruction 1 "We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them."

i.e People, Institutions or Principles.(Complete Column 1 from top to bottom. Do nothing on Columns 2, 3, and 4 until 1 is complete.)

Instruction 2 "We asked ourselves why we had them (Fears). Wasn't it because self-reliance failed us? Self-reliance was good as far as it went, …".

(Complete Column 2 from top to bottom. Do nothing on Columns 3, and 4 until Column 2 is complete).

Instruction 3 Which part of self caused the fear. Was it our Social Instincts, Security Instincts, Sex Instincts, Ambitions i.e. self-esteem, our pocketbooks, our ambitions, our personal relations, (including sex) were hurt or threatened"

(Asking ourselves the above questions we complete each column within Column 3.)

Instruction 4 Referring to our list again. Putting our 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 these questions we complete Column 4.)

Instruction 5 Reading from left to right we see our Fears (Col.1), and the exact nature of the defects within us that caused them. (Column 4).

"Perhaps there is a better way-we think so. For we are now on a different basis; the basis of trusting and relying on God."

	COLUMN 1	COLUMN 2	"SELF"												
			COLUMN 3									COLUMN 4			
			What part of self was threatened?									Which part of self caused the harm? What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings:			
			Social Instincts		Security Instincts		Sex Instincts		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															