

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.