

Fear Worksheet

Before you begin the worksheet, write and pray a personal version of the Set Aside Prayer:

1.	2.	3.	4.	5.
Name Fear	Why do I have it?	What behavior is manifested?	Name the opposite of this fear? (the virtue)	What behavior would this virtue manifest? (the opposite of the 3' column)

Step 4: Sex Inventory

Before you begin the worksheet, write and pray a personal version of the SetAside Prayer:

Review the facts - We are looking for our **motives**, and the impact on others of our actual **behavior**:

- How did the encounter or relationship begin?
- What happened?
- What's the status now, or how did it end?

Answer these questions:

1. Where had I been selfish? (Thinking about myself)
2. Where had I been dishonest? (By commission or omission)
3. Where had I been inconsiderate?
4. Whom had I hurt?
5. Did I arouse jealousy?
6. Did I arouse suspicion?
7. Did I arouse bitterness?
8. Where was I at fault?
9. What should I have done instead?

The answer to question #9 will help you become conscious of the principles you already have but are not aware of (or the principles you want to have) that will guide your future sex motives and behavior. They will form the basis of your "sex ideal".

Final Preparation for Step Four

Remember the purpose of this process—to identify and remove/have removed the impediments/obstacles to a relationship with that Power deep down inside us.

Ask yourself where/when you have experienced:

- Guilt
- Shame
- Embarrassment
- Dishonesty (Stealing)
- Secrets
- Irresponsibility: financial, relationship, behavior, family, work

The Twelve and Twelve suggests we also look at violations of moral principles (values) as expressed in the Seven Deadly Sins:

- Pride
- Greed
- Lust
- Gluttony
- Envy
- Anger
- Sloth

After praying the Set Aside prayer spend time reflecting (meditation) on each of these items and write out your thoughts, feelings, and memories. Be specific.

It is especially important to be specific about any area/item that you have any conscious/intuitive awareness of discomfort, embarrassment, and/or resistance to disclosure.

Err on the side of maximizing rather than minimizing. This is about "rigorous honesty", about being transparent. This is about removing the sludge in us that blocks us from God.