

## Step Study Guide

### Week No. 12

#### ASSIGNMENT

Before the meeting, read page 7 of the Step Four Guide. Make a list of the fears you have experienced throughout your life. With regard to each, write a short paragraph answering these questions:

1. When did the fear occur?
2. Why do I have this fear?
3. Did you feel you could handle the situation as you saw it?
4. If you could not handle the situation, who should you rely on?

After we have written the short paragraph above, read page 68 in the book, "Alcoholics Anonymous", which gives us the solution to fear. We are also given a short prayer in which we ask "Him to remove our fears and direct our attention to what He would have us to be."

This solution and prayer should be directed to each of your fears.

#### AT THE MEETING

Discuss your accomplishment on this part of the inventory process with each other.