

12 Steps On The PATH To Freedom

~ November 11, 2025

Assignment 18 – Step Four: Fear

A. Read and highlight pages 67 and 68 from the Big Book, down to "... about sex".

1. Fear inventory: make a list of your fears.
2. Do a spontaneous dump. Let it emerge without comment or filter.
3. Then go over your life in brackets of time, e.g: 1-5 years grammar school; primary school; each year of high school; each year thereafter.
4. They could be concrete, for example, lack of money or being fired. They could be psychological fears – fear of looking awkward, fear of powerful people.
5. Review Your Resentment Worksheets – Columns 3 and 4 for fears and add to list.

B. Take one of your fears and add it to Fear Sheets Attached.

1. a. **Ask: why do I have this fear?** (For example: Fear of honesty. In Prayer, ask **"why do I have this fear?"** I want you to believe something about me that is not true ... Continue to ask the question ... **"Why is that so?"** ... **"Why do I have this fear?"** I want you to see what I think I am. Push it ... **"Why is that so?"** If I represent myself in a particular way, it will reinforce my delusional or wishful thinking ... "I am really special and unique." ... "When I look in your eyes I will see what I want to be" ... "It is a diminished sense of self confidence and I get my sense of value from who you think I am.") The point is to **push it; step outside your comfort level; stretch.**
2. b. **ASK: Why do I have this fear? What if it came true ...? What will happen if it happens? What am I really afraid of? Unpack it to get to the exact source of your fear.**
 - c. Go until you get to a wall; or it becomes circular; or there is no answer or nothing more to do.
 - d. Then take your next fear. Do up to three fears – current fears you have now.

C. You may choose to try completing the fear worksheet (page 26) in the wol.doc. This is outside the scope of the Big Book but may help to have your fears reduced and replaced with the opposite. You might experiment with it and see if it is helpful. For example, honesty: to replace fear of honesty with being radically honest and embracing honesty. I would be forthright and rigorous. I would be transparent and not shade my meaning to look good. This becomes a vision statement to aspire to. But remember, say what you mean, but don't be mean when you say it.

D. **LISTEN/WATCH:** Unpacking the Big Book – Instructions for Working each step, Herb 2021 – **YOU TUBE STEP FOUR: Fear Inventory / Discussion (SESSION 30)**