



# 12 Steps On The PATH To Freedom

## Step Four: FEAR Train:

**STEP 4 Core FEAR Table: After you do your FEAR TRAINS you may become aware of some core fears - these come up again and again in your life. This table is to help you consider those CORE FEARS and how the opposite can vastly improve your outlook in order to eliminate the false fears that usurp your faith.**

What is my Fear:	Do you know where it came from?	What behaviors does this fear create?	What is the Opposite feeling of my Fear:	What NEW behaviors would emerge with this opposite feeling?