Name People, institutions, or Principles I Fear	What I Fear		Why I I Pick	Have Th one or n		r			of my basi	c ts My c instincts fear? Pick o			My Part Before writing in this column, for each name ask God to "please remove this fear and direct my attention to what you would have me be" (page 68, paragraph 3) What have I done to start or perpetuate this fear? Look at my wrongs, not the other person's.	Exact Nature of My Wrongs AKA "defects" or "shortcomings". Pick one or more				
		I'm going to lose something I've got	l'm not going to get what I want	l've done something I shouldn't have	What will they do if they catch me?	I did not have a choice if I were going to survive	Self-Esteem	Personal Relationships	Financial security	Emotional security	Sex relations	Ambitions (Plans for the future)		Selfish	Dishonest	Self-seeking	Inconsiderate	Shame
Example: My father	What he thinks of me		x	x	x	x	x						I haven't repaid the loan he gave me. I'm always trying to impress him. I rarely ask how he is doing, or work for his needs.		x	x		x
Example: Being single	I'll be alone, without an intimate relationship. It will prove I'm not worthy of anyone's love or attention.		x				x	x		x	x		I rely on selfish, dishonest strategies to attract relationships. And once I am in relationship, I often fail to support their growth, thinking mostly of my own needs.	x	x	x		x
Example: Being broke	I'll run out of money and have to ask for help. People will think I'm worthless.	x		x	x	x	x		x				Often my strategies to gather income have been deceitful. Rarely do I put in an "honest day's work". I've also been dishonest around money, with regards with my employer, the IRS, my family, and my creditors.	x	x			x
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