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Aa step 4 fears list

Aa 4th step list of fears. Fears aa 4th step. Aa step 4 examples. Aa step 4 fear examples.

Possible Step 4 Fear List Here is a list of fears that may be helpful with your fear inventory. These come directly from some of our members 4th Step Inventory on Fear.

Fear of... God, Dying, Insanity, Rejection, Loneliness, Diseases, Drinking Again, Taking Drugs, Sex, Sexuality, The Opinion of Others, Looking at My Defects of Character, Relapse, Not Being Forgiveness, Going to Hell, My Sin, Judgement, Church, Church People, Priests/Ministers/Rabbi's, Self-Expression, Relapsing, Heights, Unemployment, Employment, Parents, Losing Your Spouse, Losing your Children, Animals, Insects, Police, Jail, Authority Figures, Doctors, Stealing, Being Taken Advantage Of, Creditors, Being Shown to be a Fraud, Exposed, Failure, Success, Responsibility, Physical Pain, Drowning, The Unknown, Abandonment, Intimacy, Disapproval, Confrontation, Public Humiliation, Being Sober, Hospitals, Dentists, Feelings, Getting old, Hurting Others, Being Hurt by Others, Violence, Writing a 4th Step, Working the 12 Steps, Taking an AA Service Commitment, Government, Liberals, Conservatives, Dating, Gossip, Wealthy People, Guns, Change, Men, Women... fear-inventory-questions-and-list-of-fears.pdfFile Size: 196 kbFile Type: pdfDownload File Need Help Now?We're here for you 24/7 (888) 693-1872 Ask a Question We Offer VariousOutpatient Services Ready to get started? Send Us Your Number and We'll Call You Now. Feeling Withdrawal Pain?

1997 Boston Communications

Joe & Cheri Hark-Blick Study

REVIEW OF FEARS

"SELF"

INSTRUCTIONS FOR COMPLETION

Instruction 1: In dealing with fears, we get them on paper. I'll hand papers, instructions to paragraphs with you and we move forward. Complete Column 1 from top to bottom. Do nothing on Column 2, 3 or 4 until Column 1 is finished.

Instruction 2: We asked ourselves why do I have the fear? (Complete Column 2 from top to bottom. Do nothing on Columns 3, 4 or 5 until Column 2 is complete.)

Instruction 3: Which part of self caused the fear? What if our self-referent, our emotions, our intellect, our ego instead which had been empowered self? Complete each column above. Column 3 going from top to bottom. Starting with the Self-Ego Column Column and finishing with the Human Abilities Column. Do nothing on Column 4 until Column 3 is complete.

Instruction 4: Referring to our fear again. Putting our fear into the wrong others had fear, or, is actually helped by our own emotions. Which had our better self, intellect, will, emotions and heightened and strengthened things, emotions or abilities? Complete each column above and complete each column until Column 4 is finished.

Instruction 5: Reading from left to right, we see the way Column 1, why do I have the fear (Column 2), the part of self which caused the fear (Column 3), the part of self which empowered the better self and caused the fear to surface, and we finish off from God's Self-Ego Column 4.

COLUMN 1

"I'm fearful of:"

1
2
3
4
5
6
7
8

COLUMN 2

"Why do I have the fear:"

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Drug & alcohol withdrawal can be agonizing — even life threatening.

FEARS	

We highly recommend you do not attempt to detox on your own.

[illegible]

A medical detox will help you safely and comfortably withdraw from drugs & alcohol. Detox is the vital first step in the journey toward lifelong recovery. Detox Now Questions About Treatment? Get Confidential Help 24/7. Call For Questions About: Our Program Insurance & Cost Our Simple Admissions Process (888) 693-1872 Get started on the road to recovery. Verify Your Insurance Health Insurance May Cover 100% of Treatment Costs*. Free & No Obligation Verifications