

STEP 4: FEARS – FORMS OF SELF-RELIANCE

Forms of 'Self' found in the first 164 pages of *Alcoholics Anonymous*

Self-: to, with, for or toward oneself

Selfish: Arising from concern with one's own welfare or advantage in disregard of others

Self-Appraisal:

Self-Centered: Concerned solely with one's own desires, needs, or interests

Self-Confidence: Confidence in oneself and in one's own powers and abilities

Self-Conscious: Uncomfortably conscious of oneself as an object of the observation of others; intensely aware of oneself

Self-Control: Restraint over one's own impulses, emotions, or desires

Self-Deception: A misconception that is favorable to the person who holds it

Self-Destruction: Acting or intending to harm or destroy oneself

Self-Discipline: Correction or regulation of oneself for the sake of improvement

Self-Esteem: A confidence and satisfaction in oneself

Self-Evident: Evident without proof or reason

Self-Forgetting: Having or showing no thought of self or selfish interests

Self-Importance: An exaggerated estimate of one's own importance

Self-Imposed: Chosen willingly as a burden: Voluntarily assumed

Self-Justification: The act or an instance of making excuses for oneself

Self-Knowledge: Knowledge or understanding of one's own capabilities, character, feelings, or motivations

Self-Pity: A self-indulgent dwelling on one's own sorrows or misfortunes

Self-Propulsion: Propulsion by one's own power

Self-Reliance: *Reliance on one's own efforts and abilities*

Self-Revealing:

Self-Sacrificing: Sacrificing oneself for others

Self-Searching:

Self-Seeking: Seeking only to further one's own interests

Self-Sufficiency: Having an extreme confidence in one's own ability or worth

Self-Support: Independent support of oneself

Self-Will: Stubborn or willful adherence to one's own desires or ideas

Self-Worth: Sense of one's own value as a person