

STEP 4 – FEARS

Fear List: We reviewed our fears thoroughly (e.g. the 3rd & 4th List of our Resentment Inventory). We put them on paper, and asked ourselves why we had them.

1. What is my fear?

2. Why do I have this fear?

3. What form(s) of self-reliance did I use to overcome my fear?

4. Did any form of self-reliance overcome my fear?

5. How did I lack faith in God which drove me to self-reliance

6. Why am I now willing to live on the basis of trusting Infinite God rather than my finite self?

7. Why am I now willing to play the role God assigns me?

8. Why am I now willing to do what I think God would have me, and humbly rely on Him?

9. (Fear Prayer): God remove my fear of _____. What would You have me be?

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

Forms of 'Self' found in the 12X12

Self-Absorption: Preoccupation with oneself

Self-Appointed: Assuming a role personally, that is not given

Self-Effacing: Avoid drawing attention to yourself in company

Self-Examination: Careful reflection on your own thoughts, beliefs, behavior, and circumstances

Self-Indulgence: Excessive or unrestrained gratification of one's own appetites, desires, or whims

Self-Interest: A concern for one's own advantage and well-being; an exaggerated carefulness about our own things; preoccupied and worried with our own affairs

Self-Love: Regard for one's own happiness or advantage

Self-Opinionated: Stubbornly holding to one's own opinion

Self-Preservation: Preservation of oneself from destruction or harm

Self-Respect: Regard for one's own standing or position

Self-Restraint: The ability to restrain the urge to do or say something

Self-Righteous: Convinced of one's own righteousness especially in contrast with action and beliefs of others

Self-Satisfaction: A usually smug satisfaction with oneself, position, or achievement

Self-Serving: Serving one's own interests often in disregard of the truth or interests of others

Forms of 'Self' found in *For Sinners Only: the Book of the Oxford Groups*

Self-Centered: can't keep friends for a long time; don't bother to make friends

Self-Conscious: a life and habits of mind that are still rotating around axis ego

Self-Display: the willingness to do our best, but not being ready for the same effort when less credit will come our way

Self-Effort: Do God's work, but not His will; it's our choice, way, and strength; false activity to cover up an inward sense of dissatisfaction, futility, and frustration; we departmentalize; take refuge in fool-proof theology; develop a point of view instead of a quality of life; we preach things that are beyond our experience; become wooden, rigid, and falsely pious.; develop a false-sense of duty; run on principle and technique, and not the Holy Spirit's documents; prayer life is spasmodic; only ask for God's help when the limit of our capacity has been reached.

Self-Importance: running on our position and reputation, though inwardly defeated.

Self-Indulgence: food, laziness, physical comfort, airing prejudices, likes & dislikes; taken up whether a thing or a person appeals to me; vindictiveness

Self-Justification: finding reasons for our failures which we endeavor to make satisfactory to ourselves; love correcting others

Self-Love: love of praise, popularity, and social success; dread of making a fool of ourselves; a developed touchiness rather than sensitiveness.

Self-Opinionated: love our own opinion and confident it is right; resent disagreement; impose our point of view

Self-Pity: pointing to previous defeats as evidence of our limitations; we can stand anything, but don't change anything; martyr complex with false heroics

Self-Respect: asking for special treatment; an interesting invalid on the firing line.

Self-Seeking: ambition that disregards the interest of others

Self-Sufficiency: feel no need of other help; too small a conception of Christ (God) and His demands, and too large a conception of our own capacities

Self-Will: want our own way and will not yield; brings friction, uselessness; precipitate in action; unguided in decisions; demanding in our efforts; impatient of restraint or advice; always unsatisfied

Spiritual Terms from the Big Book

Power

Creative Intelligence

Universal Mind

Spirit of Nature

Czar of the Heavens

God-consciousness

Creator

Power of God

Father of Light

Utopia

Heaven

Higher Power

Power greater than ourselves

Supreme Being

Spirit of the Universe

Realm of Spirit

All Powerful

Guiding

Presence of God

God's ever advancing Creation

God-sufficiency

God is everything

New Land

God

Great Reality

Broad Highway

Presence of Infinite Power and Love

Maker

One

Director

Principal

Father

Employer

God-given

Faith

God-willing

God's people

God's forgiveness

God's hands

Providence

God's will

All Powerful Creator

Friend

Presence and Power of God

Fellowship of the Spirit

Road of Happy Destiny