

**FEAR (PPS. 67 & 68)**

1. Do you believe fear somehow touches about every aspect of your life? Do you believe fear is an evil and corroding thread; is the fabric of your existence shot through with it? Do you believe fear sets into motion trains of circumstances which brought you misfortune you thought you didn't deserve? Do you believe you, yourself, set the ball rolling? (p. 67, par. 3)
2. Do you believe fear ought to be classed with stealing; did it seem to cause more trouble? p. 68, top par.)
3. Did you review your fears thoroughly (referring to 3rd and 4th columns of resentment inventory)? Did you set them on paper (make a list) of your fears? Did you have any fear which you had no resentment in connection with? Did you ask yourself why you had them (Column 2 of fear inventory)? Do you believe you had fear because self-reliance failed you? (p. 68, -par.. 1)
4. Do you believe self-reliance was good as far as it went, but it didn't go far enough? Do you believe self-confidence can fully solve the fear problem, or any other? Do you believe that when self-confidence made you cocky, fear was worse? (p. 68, par. 1)
5. Do you believe that there is a better way? Do you believe you are now on a different basis? The basis of trusting and relying upon God? Do you believe you must trust Infinite God rather than your finite self? (p. 68, par. 2)
6. Do you believe that you are in the world to play the role He assigns? Just to the extent that you do as you think He would have and humbly rely on Him, do you believe He will enable you to match calamity with serenity? (p. 68, par. 2)
7. Do you believe you have to apologize to anyone for relying upon your Creator? Do you believe spirituality is the way of strength? Do you believe all men of faith have courage? (p. 68, par. 3)
8. Do you believe if you let Him demonstrate through you what He can do and ask Him to remove your fear and direct your attention to what He would have you be, that at once you commence to outgrow fear? (p. 68, par. 3)

## FEAR INVENTORY PROMPT SHEET

Here is a list of fears that may be helpful in your Fear Inventory. Feel free to add to this list if you need to.

Fear Of Abandonment	Fear Of Not Being In Control
Fear Of Acceptance	Fear Of Not Having Sex
Fear Of Anger	Fear Of Not Having Enough \$
Fear Of Animals	Fear Of Not Having A Job
Fear Of Authority	Fear Of Parents
Fear Of Being Alone	Fear Of People
Fear Of Being Found Out	Fear Of Physical Pain
Fear Of Being In A Relationship	Fear Of Police
Fear Of Change	Fear Of Public Speaking
Fear Of Confrontation	Fear Of Other Races
Fear Of Creditors	Fear Of Rejection
Fear Of Crying	Fear Of Relapse
Fear Of Disapproval	Fear Of Religion
Fear Of Disease's	Fear Of Responsibility
Fear Of Doctors	Fear Of Sex
Fear Of Drowning	Fear Of Sin
Fear Of Dying	Fear Of Sobriety
Fear Of Failure	Fear Of Stealing
Fear Of Fear	Fear Of Success
Fear Of Feelings	Fear Of The Truth
Fear Of Gangs	Fear Of The Unknown
Fear Of Gays	Fear Of Violence
Fear Of Getting Old	Fear Of Wealth
Fear Of God	Fear Of Women
Fear Of Gossip	Fear Of Working
Fear Of Government	Fear Of Writing Inventory
Fear Of Guns	Fear That There Is No God
Fear Of Having Children	
Fear Of Having No Children	
Fear Of Heights	
Fear Of Hospitals	
Fear Of Hurting Others	
Fear Of Insanity	
Fear Of Insects	
Fear Of Insecurity	
Fear Of Intimacy	
Fear Of Jail	
Fear Of Lies	
Fear Of Living	
Fear Of Loneliness	
Fear Of Losing A Child	
Fear Of Losing A Spouse	
Fear Of Losing A Parent	
Fear Of Love	
Fear Of Making Amends	
Fear Of Men	
Fear Of Not Being In A Relationship	