z4TH STEP

**FEARS – BIG BOOK METHOD**

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| FEAR | WHY I have this fear | AFFECTS MY | What did I do? | Character Defects |
| Name of person, institution, or principle |  | -self-esteem -security - emotional-security - financial-ambitions-personal relations-sex relations [also give brief explanation as to how this is affected)(NOTE: indicate if a resentment is also involved.) | Did I do something to set the ball rolling? Did I set in motion a negative train of circumstances because of this fear? How has this fear hurt others? Hurt me? Is there anything that I’m mad at myself about here? | Self-reliance, instead of God-reliance(Don’t do this column until Step 6.) |
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