z4TH STEP

**FEARS – BIG BOOK METHOD**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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.) |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |