Review of Fears

Complete each column from top to bottom. Do nothing on the following columns until each column is complete.

1. In dealing with fears we set them on paper. We listed people, institutions or principles with whom we were fearful.
2. We asked ourselves why do we have fear. Complete column 2 from top to bottom.
3. Which part of self caused the fear. Was it our self-esteem, security, ambitions, personal or sex relations which had been interfered with? Complete each column within column 3 going from top to bottom.
4. Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes Where had we been selfish, dishonest, self seeking, frightened and inconsiderate?
5. Reading from left to right we now see the fear, why do I have fear, the part of self that caused the fear and the exact nature of the defect within us that allowed the fear to surface and block us off from God's will.

	Column 1 - I'm fearful of:	Column 2 - Why do I have the fear?	"SELF" Column 3 — Affects My (Which part of self caused the fear?)									Column 4 — What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings			
			Social Instinct		Security Instinct		Sex Instinct		Ambitions						
			Self Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self Seeking & Frightened	Inconsiderate
1															
2															
3															
4															
5															
6															
7															
8															
9															
10															