

## **Fear Inventory**

### Who do we Inventory Fear

1. Fear is a wrong. Fear is wrong belief
2. The Book says fear is evil for us
3. It is an evil and corroding thread; the fabric of our existence is shot through with it!
4. It sets in motion trains of circumstances which brought us misfortune (which we felt we didn't deserve)
5. It ought to be classed with stealing, it seems to cause more trouble.

### Why do we have fear?

1. We are afraid we will not get what we want
2. We are afraid they will find out what we did
3. We are afraid they will take away something we already have
4. Fears are a result of having areas in your life which you have not given or are unwilling to give to God
5. If you are controlling any area of your life you are relying on your self in that area and the book says we have fears because self reliance fails us

### We Review Our Fears Thoroughly

1. We put them on paper (even if we have no resentment in connection with them)
2. Some of the items in the list of resentment have fear connected with them we put those items on our fear list
3. We complete column 1, going down the page just like in the resentment inventory
4. In column 1, we list people, institutions or principles that you fear
5. In column 2, the cause - are they going to do something to me; are they going to take something from me; are they not going to allow me to do or get something I want
6. Now we are on column 3 - opposite each name we write which part of self affected. Look at the handout on basic instincts of life. Is it my self-esteem, my security, my ambitions, my personal or sex relations that have been threatened?

### Column 4 and 5

1. What did I do, I list in column 4. Did I do anything to set the ball rolling and set in motion trains of circumstances which have led me to being in a position to have fear

2. In column 5 we list where we had been selfish, dishonest, self-seeking, frightened, and inconsiderate. Which of the above character defects caused me to do what I did or to hold on to the old fear even though I had done nothing to cause it?
3. We are now in a position to see our fears, the cause, what was affected and to look at how our character defects set the ball rolling or caused us to hang on to our fears
4. We see the exact nature of our wrongs fear-wise

#### How do we Remove Fear?

1. We live on a basis of trusting God rather than ourselves in all areas of our lives
2. We have to say "what I want doesn't matter, it is only what God wants that matters"
3. We write "what I want doesn't matter" all over the place so we can see it all day, every day
4. We look at our list - we look at those areas of our life that we haven't given to God
  - a. Career?
  - b. Job?
  - c. Health or body?
  - d. Marriage?
  - e. Relationships
  - f. Finances?
  - g. Hobbies?
  - h. Sex life?
  - i. Spiritual life?
5. We look at these areas and ask why we were afraid to give these areas to God. We write out why we were afraid. ex: career - not getting what I want; job - not enough money; health - looking bad; body - feeling bad, pain; relationship - not in control, unloved, intimacy; finances - not providing for my family, not enough money; hobby - not getting what I want; sex life - not enough sex, no intimacy; spiritual life - not being in control trusting God
6. We pray to God to remove our fears
7. We pray to God to let him demonstrate through us what he can do
8. We trust God and never apologize for God
9. We trust God and not our infinite selves
10. We ask God to match calamity with serenity
11. We humbly rely on God and only play the role he assigns to the extent that we do as we thing he would have us do
12. We pray for knowledge of his will for us and the power to carry it out

### Prayer for Fear

God, direct my attention to what you would have me be. Please remove my fear. Now the book says we commence to outgrow our fear

### Is God Everything or is He Nothing?

Whenever I have a fear I do the following:

1. Look at what area I am controlling in my life that has to do with that fear
2. List why I am afraid to give that area of my life to God
3. Look at what God wants me to be for every fear. Is it trusting, faithful, grateful, humble, righteous, confident, compliant, tolerant, loving, intimate, courageous, compliant, chaste, patient, prayerful, submissive
4. God, please help me. Father, I am in trouble here and in this state I can not be helpful to those around me. God, please remove my anger and fear of \_\_\_\_\_
5. God, please help me. remove my anger and fear. Replace them with gratitude for what I do have, patience in knowing that you have a plan for my life, faithfulness in the fact that you love me and want the best for me. Trust in you, that you will always provide what I need if I keep close to you and perform your works well. Help me to be honest with my family, and to let them know what has happened today so that as a loving family we may help each other get through this crisis together and, lastly, Father help me be a good steward of the gifts you have already given me. Amen.
6. How, specifically, can I be a patient, trusting, loving, grateful, and faithful steward for God, right here, right now?
7. Now I get to work and "resolutely turn my attention" to making this come to pass  
Give this a try, it works!