**B2B FOURTH STEP INVENTORY SHORT FORM**

**Month 2 – Fears**

**Instructions:** Read pages **67-68** of the Big Book. It may be easier to write this inventory one column at a time. Find what works for you. Set a timer for 25 minutes and pause for 5 minutes. Then come back. Keep going; don’t stop before the miracles happen.

Column 1: Take quiet time to reflect and list your fears before filling in the other columns.

Column 2: List why you have this fear based on previous experience. Use your very first related experience if you can remember it.

Column 3: Note what you have done to try to manage that fear. In what ways were you hurting yourself to manage it?

Column 4: Look at how relying on yourself has failed you and what happened. What were the results?

Column 5: Reflect on how it would feel to you or what your life might look like if you focused on faith and trust in the outcome you wanted rather than the one you feared.

Column 6: Imagine what it would look and feel like if you put your fears in the power and care of “the one who has all power.”

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| **1****What are my fears?** | **2****Why do I have this fear? (Remember your earliest experience of this.)** | **3****What do I do to manage my fear?** | **4****How has self-reliance failed me?** | **5****How would it feel, and how might my life look if I put my faith and trust in the outcome I wanted instead of the one I feared?** | **6****What would it look and feel like if I put my fears in the power and care of “the one who has all power?”** |
| Example: Fear of Confrontation | In the second grade, the principal told my schoolmates and me that we were not allowed to play kickball during recess, and I argued with her about it, she called my mother and got me into trouble. | I pick at my cuticles. I watch TV and eat candy. I feel sorry for myself and go to bed. | I engage in people-pleasing, isolate, withdraw, and keep my mouth shut to prevent experiencing similar situations.  | I would trust that my Mom and teacher had my best interest and that they cared about me. I would trust that I was a good person. | I would be honest instead of inauthentic. I would feel at ease with who I am and would accept myself, while also respecting other people’s rights to their own thoughts and opinions. I would accept that I don’t know everything and am not always right. |
| Example: Fear of Heights | My family went on vacation to New York City, and my father took me up to the top of the Empire State Building and lifted me up to look over the ledge, I didn't like it at all. I was very scared. | I blame my Dad. I bite my nails. I avoid people and high places. I escape into books. | I never go near the edge of anything. I panic when I am in high places like on a bridge and avoid flying if I can. I avoid making plans with my family to see the Grand Canyon. | I could focus on the beauty of the scenery rather than my fear. I can see that I am okay other than what I am thinking. I can stay in reality. I can trust my Dad loves me and is taking care of me. | I would still exercise caution, but I would also trust and relax into the experience, knowing that Higher Power has my back and will not let me fall if I am careful. |
| Example: Fear of being incompetent | My father yelled at me in front of my siblings and said that I was “*so stupid I couldn’t pour water out of a boot if the instructions were written on the heel.”* This shamed and humiliated me deeply. | I binge on food and watch TV. I bite my nails. I play games to get out of my head. | I try to hide my faults, isolate, lie, cheat, and pretend to be someone I am not. | If I trusted that the authentic me was okay, I would be myself. I might even have laughed at my dad’s statement because it was kind of funny. I would see that I am worthy and loved rather than feel ashamed. I would trust in my own self-love and focus on how competent I am in many things. | I would love myself no matter what, stop comparing myself to others, and stay calm and relaxed in any or most situation. I would see that my worthiness is not based on other peoples’ views of me but comes from my own relationship with myself and with my Higher Power. |
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