



RECOVERY ROAD ONLINE

RECOVERY STEP 4 FEARS

ZOOM UP THE HIGHWAY OF HOPE



WORKING THE RECOVERY STEPS

“STEP FOUR”

Made a searching and fearless moral and financial inventory of ourselves

SPIRITUAL PRINCIPLE: TRUTH & TOLERANCE

FOURTH STEP PRAYER

Dear God,

It is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine and I will begin a searching and fearless moral and financial inventory. I will write down my wrongs, but I will also include that which is good. I pray for the strength to complete the task.



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MADE A SEARCHING AND FEARLESS MORAL AND FINANCIAL INVENTORY OF OURSELVES.

MORAL INVENTORY

FEARS

This short word somehow touches about every aspect of our lives. We find that where we thought we had made major life decisions, based on rational analysis, on further investigation we discover that often these bad choices were simply based in fear. The good news is that Recovery Road Online offers a practical and time-tested tool for relieving these fears. When we are finished with this portion of the inventory, we no longer will have to be a slave to these fears.

One of the most useful tools in dealing with our fears is the “Three D’s” – Discover, Disclose and Discard. First, we have to identify exactly what our fear is. Then we have to tell it to at least one other person. Finally, we can then ask our Higher Power to remove that fear.

Some of the most common types of fears that we face are the “nameless fears”. These are simply the general anxieties that we often feel in uncomfortable situations. The first thing that we need to do is to name these fears (Discover). What exactly are we afraid of?



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FEARS (continued)

Are we actually afraid of getting fired from our job or are we just afraid that our boss will find out the truth and that will embarrass us? The first thing we need to do is just uncover the true nature of this fear. At the beginning of this chapter we learned that the letters F-E-A-R can stand for either Forget Everything And Run or Face Everything And Recover. After we complete this exercise, we realize that F-E-A-R also often stands for False Evidence Appearing Real.

The second thing we need to do is to disclose the fear. For a major fear, we may only feel comfortable initially sharing this with our sponsor or some other trusted person. However, we often discover that some of these fears are really quite silly. For example, one of our members discovered that he was afraid that people would find out that he was not very handy fixing things and working with tools. He thought that this was something that all men should know how to do, and he was afraid that people would discover that he was pretty helpless with these types of projects. If people discovered this, he thought that he would be embarrassed and subject to ridicule. Now after working this step, he freely volunteers this info



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MORAL INVENTORY

FEARS (continued)

when the subject of home repairs comes up and he jokes about it. He says things like “You don’t want me anywhere near power tools. What I do best at home repairs is writing checks to contractors”. He has discovered that people’s responses are amazing. Often, they offer to help him. Sometimes they admit that they are not very good at this stuff either. Occasionally they share their own weaknesses. Almost always this confession is met with smiles and warmth and this irrational fear has now been completely removed.

Finally, after we have shared this fear with somebody else, we can quietly ask our Higher Power to remove this fear that stands in the way of our being helpful to others (Discard). This prayer is usually answered pretty quickly. However, it is not uncommon for the same fear to return at some future time. When this happens, we just apply the Three D’s again. Over time, we find that eventually many of these fears are permanently removed.



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Let us begin the process of writing down all of our fears:

Worksheet 4B - FEARS

Who or what do I fear?	What exactly am I afraid might happen to me?	What in me does this fear potentially affect?	What part of this fear was my fault, or did I make worse?	What were my character defects that I displayed in this situation?

INSTRUCTIONS:

The format for this worksheet is similar to the previous one. All five columns need to be filled out for this worksheet. We recommend that you either make copies of this page, draw five columns on a piece of paper or use a spreadsheet on your computer to create the columns. It is suggested that you do this worksheet vertically instead of horizontally, i.e. complete all of Column One before you move on to Column Two and complete that column before you start on Column Three, etc.



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MORAL INVENTORY

Worksheet 4B - FEARS

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WHO OR WHAT DO I FEAR?

COLUMN ONE – For this column, simply list all of the people, places, activities or things for which you carry fears. It can be as major as death or as irrational as sharks when you never swim in the ocean. It doesn't matter if this is a childhood fear that still plagues you or a fear that you developed recently. The fears don't have to be related to your gambling. If you are unsure whether they should be included in your list, go ahead and include them. Your list might only have three or four fears, or it could be thirty or forty. There is no right number. The point is that when you are done there is nothing else that you can think of that gives you that sense of dread.



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WHAT EXACTLY AM I AFRAID MIGHT HAPPEN TO ME?

COLUMN TWO – After you have finished Column One, go ahead and list next to the name in the second column exactly what it is that you are afraid will happen to you. Be brief but be specific. Do you think that you will die, lose money, suffer physical harm, become embarrassed, be lonely etc.?



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WHAT IN ME DOES THIS FEAR POTENTIALLY AFFECT?

COLUMN THREE – What in you could it actually affect if this fear came true? Will it end your life? Will it hurt your financial security? Will it hurt your pride or self-esteem? Will it affect your sex relations? Note – sometimes this might be the same as Column Two.



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WHAT PART OF THIS FEAR WAS MY FAULT, OR DID I MAKE WORSE?

COLUMN FOUR – Truthfully list anything that you did or didn't do that either contributed to the fear or made it worse after. It may be as obvious as hiding your bad behavior you are afraid will be discovered to hanging on to the fear for far too long.



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WHAT WERE MY CHARACTER DEFECTS THAT I DISPLAYED IN THIS SITUATION?

COLUMN FIVE – List the character defect you exhibited in Column Four. Were you dishonest, selfish, judgmental, arrogant, short-tempered, envious, greedy, lazy, lustful etc.?



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When you finish, the worksheet might look something as this:

Worksheet 4 - FEARS

Who or what do I fear?	What exactly am I afraid might happen to me?	What in me does this fear potentially affect?	What part of this fear was my fault, or did I make worse?	What were my character defects that I displayed in this situation?
Dying alone	Everyone will leave me and I will be lonely.	My self-esteem. My pride. My peace of mind.	I gambled. I lied. Never sought help.	Dishonest Selfish
Flying	Plane will crash.	My life	Never sought help for this irrational fear.	Lazy
My wife	She will find out how much I lost and get mad.	My self-esteem. My pride. My sex relations. My peace of mind.	I gambled. I lied. Never sought help.	Dishonest Selfish
My boss	He will fire me when he discovers how much I gamble.	My sense of security. My self-esteem. My pride.	I missed work do to gambling and lied about where I was.	Dishonest Selfish
My father	He will find out how much I gambled and be disappointed in me.	My self-esteem. My pride.	I gambled. I lied. Never sought help.	Dishonest Selfish



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FEARS (continued)

One thing we can immediately determine is which of our fears are rational and which are irrational fears. We can define an irrational fear as one which is either a) statistically highly unlikely to occur or b) honestly has minimal potential consequences even if it comes true. For example, while fear of flying is a very common fear, the facts are that driving to the airport is statistically much less safe than flying in a commercial airplane. While it feels real, the facts indicate that it is really not a rational fear. Similarly, a fear of becoming embarrassed at not knowing something for a teenager might seem overwhelming, for an adult it really should not be considered rational.

We can now look again at our list and quickly see that at least some if not most of our fears should not really be considered rational. These ones we can immediately start using our tool of Discover, Disclose and Discard. We can first name this fear and say, "I am afraid of my wife finding out how much money I lost because she



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FEARS (continued)

will get mad”. Then I may tell my sponsor about this fear. Depending on the situation, it may make sense for you to put off telling your wife until you have completed the financial inventory. In any event, after you eventually come clean with the complete truth about your losses, this fear will be gone, and you won’t have to carry this burden anymore. She will react however she will react. You have no control over this. This might be a good time to say the Serenity Prayer and focus on how you can respond to her reaction with love, understanding, and humility.

You may continue working through each of the fears (focusing especially on the irrational ones) using the tool of the Three D’s:

- Discover
- Disclose
- Discard



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FEARS (continued)

It is now time to move forward on to the next part - Sexual Conduct.

