Review of Fears

INSTRUCTIONS FOR COMPLETION

1. In dealing with fears, we set them on paper. We reviewed our fears thoroughly. We put them on paper even though we had no resentment in connection with them. (Complete column 1 from top to bottom. Do nothing on columns 2, 3 or 4 until column 1 is complete).
2. We asked ourselves why we have these fears. (Complete column 2 from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete).
3. Which part of "self" caused the fear? Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? (Complete each column within column 3 from top to bottom, starting with the self-esteem column and finishing with the sexual ambitions column. Do nothing on column 4 until column 3 is complete).
4. Move to column 4 and examine how self-reliance and underlying core fears are at play.
5. When we look at our fears, we asked ourselves why we had them. Wasn't it because self-reliance failed us? Self-reliance was good as far as it went, but it didn't go far enough. Lack of power is our dilemma. When we try to rely on "our power" via our small ego self, fears are generated because we do not have the necessary power for force life to conform to our terms.

	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 nature of my self-reliance?			
			Social Instinct		Security Instinct		Sex Instinct		Ambitions						
			Self-esteem	Personal relationships	Material	Emotional	Acknowledged sex relations	Hidden sex relations	Social	Security	Sexual	Fear of losing something I have or not getting what I want	Fear of what others may think of me	Lack of trust	Control – being director; playing God; self reliance
1															
2															
3															
4															
5															
6															
7															
8															