# Fear Inventory Worksheet

Write every fear down, even the ones with no resentment attached. Then ask why you have each one. Do this with a sponsor.

## How it works

- My fear: one fear per row. Losing a job, being alone, being found out, money, my health, what people think, God.
- Why I have it: what's underneath it. Usually it's that I've been relying on myself, and I know I'm not enough.
- What it touches: self-esteem, security, ambitions, personal relations or sex relations. The same parts of self as the resentment inventory.
- What I'll do instead: the faith step. What would trusting God look like here? One small action you can take.

EXAMPLE

| My fear | Why I have it | What it touches | What I'll do instead (faith) |
|---|---|---|---|
| *Running out of money* | *I've always tried to fix money by working angles. I don't trust that I'll be cared for.* | *Security, self-esteem* | *Make an honest budget with my wife. Pray about it each morning. Do the next right thing at work.* |

QUESTIONS TO FIND YOUR FEARS

**1.** What am I afraid will happen if I stay sober? If I don't?

**2.** What am I afraid people will find out about me?

**3.** What do I worry about at 3 a.m.?

**4.** Where have I tried to control things because I was scared?

## MY FEAR INVENTORY

| My fear | Why I have it | What it touches | What I'll do instead (faith) |
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**A prayer when fear comes back**

**God, You know what I'm afraid of.**
**Take this fear, and show me who You want me to be.**
**I don't have to carry this alone.**
**Give me the next right thing to do,**
**and the courage to do it. Amen.**

## SCRIPTURE

> *"fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."*
>
> ISAIAH 41:10 · ESV

> *"for God gave us a spirit not of fear but of power and love and self-control."*
>
> 2 TIMOTHY 1:7 · ESV

> *"I sought the LORD, and he answered me and delivered me from all my fears."*
>
> PSALM 34:4 · ESV

> *"When I am afraid, I put my trust in you."*
>
> PSALM 56:3 · ESV