

Step 4 - Review of Fears

Feelings of anxiety, agitation, uneasiness, apprehension, impending doom, etc.

WHO OR WHAT DO I FEAR? List people, institutions, or principles with whom I am fearful.	THE CAUSE: What are they going to do to me? Am I perhaps going to jail? Am I going to lose something with material value? Am I going to lose face? Will it result in divorce? Will it destroy as personal relationship? Might I lose my job, etc?	AFFECTS MY: On my fears list I set opposite each name the part of self which is affected. Was it my self-esteem, my security, my ambitions, my personal or sex relations that have been threatened?	WHAT DID I DO? What did I do, if anything, to set the ball rolling, and set in motion trains of circumstances, which have led to my being in the position to have the fear?	WHERE HAD I BEEN: Selfish, dishonest, self-seeking and frightened, inconsiderate? Which of these character defects caused me to do what I did, or cause me to want to hold on to the old fear, even though I may have done nothing to cause it?