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| Step 5 Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs  5L Drive and Motivations – Fears---How fear has kept us from doing the right things | |
| Often, fears are about old hurts. How can I use my fears to identify the old hurts and let them go?  Items shown below are examples of possible fears. Modify/replace these as needed. | |
| **Fears and Old Hurts** | **How I Am Letting Them Go** |
| e.g. Fear of Being Unprotected or Abandoned |  |
| e.g. Fear of Failure |  |
| e.g. Fear of Rejection |  |
| e.g. Fear of the Unknown |  |
| e.g. Fear of Injury |  |
| e.g. Fear of Sex |  |
| Fear is also projecting into the future. How can I let a higher power take care of my future?  What do I need to acknowledge to other people so that I can live in the present instead of the future? |  |
| What techniques am I learning to let go of my fears? |  |
| Fear pumps the body full of chemicals which harm the body if not dealt with. These chemicals are designed to help us run quickly.  What can I do to properly deal with these chemicals?  What physical activities can I engage in when in fear so that those chemicals do not persist? |  |
| How can I be accountable to other people for my behavior when in fear?  What patterns of fear, anger, and addiction do I need to acknowledge to other people on a regular basis? |  |
| The opposite of fear is not courage, but love. What am I learning about how I am being loved by a higher power?  How is my courage helping me to open up to love?  How is my experience of that love helping me to let go of my fears? |  |
| How am I finding that as I am loved, I have more courage to face the fears?  How is my practice of admitting to others on a regular basis improving my courage? |  |

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