

FEARS “In the Fourth Step, it is important to take a good hard look at how fear has worked in our lives. Our experience tells us that self-centered fear is at the root of our disease. Many of us have pretended to be fearless when, in fact, we were terrified” *It Works*, p. 29

Complete Column 1 top to bottom. Do nothing with column 2,3, or 4 until listing all fears in Column 1. Enter the cause of each fear in Column 2 for each fear listed in Column 1 before completing Column 3. Enter a check mark in Column 3 under each applicable part of Self caused the fear. Finally, we look for our own mistakes and place a check under each applicable behavior in Column 4.

[illegible]