

Fear Inventory

Step Four · Part Two

Fear shows up whether or not it's tied to a resentment. This page is for naming it directly, even the fears that feel small or old. List every fear first, then go back and work through why, where you were relying only on yourself, and how it shapes your life now. Some fears repeat in different clothes — that's normal. Write each one down anyway.

The fear <i>Name it plainly</i>	Why I have it <i>The cause, as best you can tell</i>	Where self-reliance failed <i>What did I expect to control or handle alone?</i>	How it affects me now <i>Behavior, avoidance, or reaction it drives today</i>

Fear Inventory — continued

The fear Name it plainly	Why I have it The cause, as best you can tell	Where self-reliance failed What did I expect to control or handle alone?	How it affects me now Behavior, avoidance, or reaction it drives today

Fear and self-reliance tend to travel together. This list is meant to loosen fear's grip, not add to it — go at a pace you can sit with.