REVIEW OF FEARS

INSTRUCTIONS FOR COMPLETION

Instruction 1 - In dealing with fears we set them on paper. We listed people, institutions, or principles with whom we were fearful. (Complete column 1 from top to bottom. Do nothing on columns 2, 3, or 4 until Column 1 is complete.)

Instruction 2 - We asked ourselves why do I have the fear. (Complete column 2 from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete.)

Instruction 3 - Which part of self caused the fear. Was it our self-esteem, our security, our ambitions, our personal or sex relationships which had been interfered with? (Complete each column within column 3 going from top to bottom starting with the self -esteem column and finishing with the sexual ambitions column. Do nothing on column 4 until column 3 is complete.)

Instruction 4 -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?(Complete column 4 from top to bottom. Do nothing on columns 5 until column 4 is complete.)

Instruction 5 - (Referring to our list again.) Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened, and inconsiderate? (Asking ourselves the above questions, we complete each column within column 5.)

	Column 1 I'm fearful of:	Column 2 Why am I afraid:	"Self" Column 3 AFFECTS MY (Which part of Self is affected?)									Column 4	Column 5 What is the exact nature of my wrong, faults, mistakes, defects, shortcomings:			
			Social Instinct		Security Instinct		Sex Instinct		Ambitions			WHAT DID I DO?				
			Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Life	Hidden Sex Life	Social	Security	Sexual	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?	Selfish	Dishonest	Self-seeking & Frightened	Inconsiderate
1																
2																
3																
4																
5																
6																
7																
8																
9																
10																