

# aa fear inventory worksheet

## The AA Fear Inventory Worksheet: A Comprehensive Guide to Identifying and Overcoming Your Fears

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Summary: This guide provides a detailed explanation of the AA fear inventory worksheet, a crucial tool in the recovery journey. It explores best practices for completing the worksheet, common pitfalls to avoid, and offers strategies for utilizing the identified fears to facilitate personal growth and lasting sobriety. The guide emphasizes the importance of self-compassion and professional support throughout the process.

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### What is an AA Fear Inventory Worksheet?

The AA fear inventory worksheet is a self-assessment tool used primarily within the context of the Alcoholics Anonymous (AA) 12-step program, though its principles can be applied more broadly. It's a structured method for identifying and examining deeply rooted fears that often contribute to addictive behaviors and hinder personal growth. Unlike a simple list, the aa fear inventory worksheet encourages a deeper exploration of each fear, prompting reflection on its origins, impact on behavior, and potential solutions. This process helps individuals gain self-awareness and develop strategies for managing and overcoming their fears. The goal is not simply to list fears, but to understand their underlying mechanisms and develop coping mechanisms.

# How to Effectively Use an AA Fear Inventory Worksheet

Completing an aa fear inventory worksheet effectively requires honesty, self-compassion, and a willingness to confront uncomfortable truths. Here's a step-by-step guide:

1. Create a Safe and Quiet Space: Find a time and place where you feel comfortable and safe to reflect honestly. Minimize distractions.
1. Begin with Openness and Honesty: Approach this process with self-compassion. Remember, there's no judgment in acknowledging your fears.
1. Identify Your Fears: Brainstorm all your fears, both big and small. Don't censor yourself. List anything that causes you anxiety, worry, or discomfort.
1. Explore the Root Causes: For each fear, try to identify its origin. When did this fear start? What experiences or beliefs contributed to its development? Consider patterns and connections between your fears.
1. Assess the Impact: How does each fear affect your daily life? Does it influence your decisions, relationships, or behaviors? Be specific in describing the impact.
1. Develop Coping Strategies: For each fear, brainstorm potential coping mechanisms. Consider strategies like meditation, deep breathing exercises, positive self-talk, seeking support from others, professional therapy, or engaging in healthy activities.
1. Prioritize Your Fears: Identify the fears that have the most significant impact on your life and recovery. Focus your energy on addressing these first.

1. Regularly Review and Update: The aa fear inventory worksheet isn't a one-time exercise. Regularly review and update your list as new fears emerge or as your understanding of existing fears evolves.

1. Seek Support: Don't hesitate to seek guidance from a sponsor, therapist, or other trusted individuals in your support network. Sharing your fears can be a powerful step in the recovery process.

## **Common Pitfalls to Avoid When Using the AA Fear Inventory Worksheet**

**Superficiality:** Simply listing fears without exploring their root causes limits the worksheet's effectiveness.

**Self-Judgment:** Be kind to yourself. Acknowledge your fears without self-criticism.

**Ignoring Physical Symptoms:** Pay attention to the physical manifestations of fear (e.g., increased heart rate, sweating) to gain a fuller understanding of your experience.

**Overwhelm:** Start small. Focus on a manageable number of fears at a time to avoid feeling overwhelmed.

**Isolation:** This is a process best done with support. Share your findings with your sponsor or therapist.

## **Utilizing the AA Fear Inventory Worksheet for Lasting Sobriety**

The aa fear inventory worksheet is a powerful tool for maintaining long-term sobriety. By identifying and addressing underlying fears, individuals can prevent relapse and build resilience. Understanding the triggers and coping mechanisms associated with specific fears allows for proactive management of potential challenges. The process of self-discovery enhances self-awareness, leading to healthier choices and a stronger sense of self.

## **Conclusion**

The AA fear inventory worksheet, while simple in its structure, offers a profound opportunity for self-discovery and growth. By honestly confronting deeply rooted fears, individuals can break free from the shackles of addiction and build a more fulfilling and sober life. Remember, this is a journey, not a race. Be patient with yourself, celebrate small victories, and seek support when needed. The process of working through an aa fear inventory

worksheet is a critical step towards lasting recovery and a life free from the grip of fear.

## FAQs

1. Is the AA fear inventory worksheet a formal AA tool? While not officially part of the AA literature, it's a widely used tool within the program, derived from the principles of self-reflection and honesty.
1. Can I use the AA fear inventory worksheet if I'm not in AA? Absolutely. The principles of self-reflection and fear identification are beneficial regardless of your involvement in AA.
1. How often should I review my fear inventory? Ideally, review and update your list regularly, perhaps weekly or monthly, depending on your needs.
1. What if I find it too difficult to complete the worksheet alone? Seek support from a sponsor, therapist, or trusted friend. Sharing your fears can be incredibly helpful.
1. Are there alternative methods for identifying fears? Yes, journaling, guided meditation, and therapy are alternative methods.
1. Can I use technology to help complete the worksheet? Yes, many apps and online resources can aid in journaling and self-reflection.
1. What if I feel overwhelmed by the number of fears I identify? Prioritize the fears that have the most significant impact on your life. Address them one at a time.
1. How long does it take to complete the AA fear inventory worksheet?

There's no set time limit. Take as much time as you need.

1. Is it necessary to share my fear inventory with anyone? Sharing is optional, but it can be incredibly helpful to discuss your fears with a trusted person.

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**aa fear inventory worksheet:** Quirkyalone Sasha Cagen, 2006-01-03 quirkyalone (kwur.kee.uh.lohn) n. adj. A person who enjoys being single (but is not opposed to being in a relationship) and generally prefers to be alone rather than date for the sake of being in a couple. With unique traits and an optimistic spirit; a sensibility that transcends relationship status. Also adj. Of, relating to, or embodying quirkyalones. See also: romantic, idealist, independent. Are you a quirkyalone? Do you know someone who is? Do you believe life can be prosperous and great with or

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**aa fear inventory worksheet:** Big Book Awakening Dan Sherman, 1992-01-01 Written to be used in conjunction with, not instead of the Big Book of Alcoholics anonymous. This book will help guide you through a personal experience with all Twelve Steps as they are outlined in the AA Big Book. You write notes and questions from the Big Book Awakening into your own Big Book for personal consideration. After you have completed this process yourself your Big Book is now a powerful working with others book with questions and considerations that will help you work with others both one-on-one and in workshops. They then themselves write the same notes into their own Big Book to one day do the same.

**aa fear inventory worksheet:** OA Big Book Study Guide Lawrie Cherniack, 2014-01-08 This book is sold at cost of sale on Amazon for the benefit of OA members who want a print copy of the popular Big Book study by Lawrie C. Unauthorized reproduction of this book for sale is a violation of copyright law and sale at a price greater than cost is a violation of the author's terms of copyright. Find a free PDF copy of this book, additional information, podcasts and webcasts at oabigbook.info

**aa fear inventory worksheet:** Alcoholics Anonymous Bill W., 2014-09-04 A 75th anniversary e-book version of the most important and practical self-help book ever written, Alcoholics Anonymous. Here is a special deluxe edition of a book that has changed millions of lives and launched the modern recovery movement: Alcoholics Anonymous. This edition not only reproduces the original 1939 text of Alcoholics Anonymous, but as a special bonus features the complete 1941 Saturday Evening Post article "Alcoholics Anonymous" by journalist Jack Alexander, which, at the time, did as much as the book itself to introduce millions of seekers to AA's program. Alcoholics Anonymous has touched and transformed myriad lives, and finally appears in a volume that honors its posterity and impact.

**aa fear inventory worksheet:** The Narcotics Anonymous Step Working Guides , 1998-01-01 Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery, whether it's the first time through the steps, or whether they have been a guiding force for many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps.

**aa fear inventory worksheet:** The Steps We Took Joe McQ, 2015-01-01 The words of this book's title are said aloud every day by thousands of people meeting together to help each other recover from addiction.s the addictions may be to alcohol or cocaine, gambling or food, violence or sex, but the path to recovery is the same. The exciting thing about the Twelve Steps is that they teach us how to live. Once we know the design of living and the principles of living a successful life, we find that we not only get over the problems we see, but we avoid many other problems we would have had. To me, the miracle is that all this was boiled down into twelve simple Steps that anybody can apply. This is a book of plain-spoken wisdom for people with addictions and people who love them. Joe McQ has been a student of the Twelve Steps for more than three decades. He, like tens of thousands of others, lives them every day, one day at a time. In The Steps We Took, Joe takes us through them, one Step at a time, and helps us understand how they work-and how they can change our lives.

**aa fear inventory worksheet:** Recovery Russell Brand, 2017-09-21 The Number One Sunday Times Bestseller from Russell Brand. "This is the age of addiction, a condition so epidemic, so all encompassing and ubiquitous that unless you are fortunate enough to be an extreme case, you probably don't know that you have it. What unhealthy habits and attachments are holding your life

together? Are you unconsciously dependent on food? Bad relationships? A job that doesn't fulfill you? Numb, constant perusal of your phone, looking for what? My qualification for writing this book is not that I am better than you, it's that I am worse. I am an addict, addicted to drugs, alcohol, sex, money, love and fame.' The program in Recovery has given Russell Brand freedom from all addictions and it will do the same for you. This system offers nothing less than liberation from self-centredness, a new perspective, freedom from the illusion of suffering for anyone who is willing to take the necessary steps.

**aa fear inventory worksheet:** *The Laundry List* Tony A., Hamilton Adler A., Dan F., 1990-01-01 The originator of the ACoA Laundry Lists gives an insider's view of the early days of the ACoA movement. Tony A. discusses what it means to be an adult child of an alcoholic parent and what the self-help group can do for its members. Includes stories, history and helpful information for the ACoA.

**aa fear inventory worksheet:** *The Happiness Trap* Russ Harris, 2013 A guide to ACT: the revolutionary mindfulness-based program for reducing stress, overcoming fear, and finding fulfilment - now updated. International bestseller, 'The Happiness Trap', has been published in over thirty countries and twenty-two languages. NOW UPDATED. Popular ideas about happiness are misleading, inaccurate, and are directly contributing to our current epidemic of stress, anxiety and depression. And unfortunately, popular psychological approaches are making it even worse! In this easy-to-read, practical and empowering self-help book, Dr Russ Harris, reveals how millions of people are unwittingly caught in the 'The Happiness Trap', where the more they strive for happiness the more they suffer in the long term. He then provides an effective means to escape through the insights and techniques of ACT (Acceptance and Commitment Therapy), a groundbreaking new approach based on mindfulness skills. By clarifying your values and developing mindfulness (a technique for living fully in the present moment), ACT helps you escape the happiness trap and find true satisfaction in life. Mindfulness skills are easy to learn and will rapidly and effectively help you to reduce stress, enhance performance, manage emotions, improve health, increase vitality, and generally change your life for the better. The book provides scientifically proven techniques to: reduce stress and worry; rise above fear, doubt and insecurity; handle painful thoughts and feelings far more effectively; break self-defeating habits; improve performance and find fulfilment in your work; build more satisfying relationships; and, create a rich, full and meaningful life.

**aa fear inventory worksheet:** *Carry This Message* Joe McQ, 2002 As an internationally respected teacher and lecturer on the Twelve Step method introduced by Alcoholics Anonymous, Joe McQ knows that sponsorship is a key construct for the success of the program because it involves moving a person through the Twelve Step process to recovery. In the early days of AA, sponsors would come to the alcoholic's home and talk him through Steps 1 and 2, and when they were thoroughly convinced he was ready, they would start him on the program. Step 12 is the foundation of sponsorships: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, to practice these principles in all our affairs. Carry This Message addresses McQ's concern that sponsors have lost some skills in working with alcoholics. AA sponsors need to refocus on the Big Book, on the Twelve Steps, and on their message, urges McQ, to recognize the value of the program and to return to its roots and essence. Directed to sponsors, this is a companion book to *The Steps We Took*, offering tools for helping others find recovery and new life through the Twelve Step program.

**aa fear inventory worksheet:** *Model Rules of Professional Conduct* American Bar Association. House of Delegates, Center for Professional Responsibility (American Bar Association), 2007 The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where

discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

**aa fear inventory worksheet:** *Daily Reflections* A a, Aa World Services Inc, 2017-07-27 This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. *Daily Reflections* has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

**aa fear inventory worksheet:** Drop the Rock Bill P., Todd W., Sara S., 2009-06-03 A practical guide to letting go of the character defects that get in the way of true and joyful recovery. Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the rocks that can sink recovery- or at the least, block further progress. Based on the principles behind Steps Six and Seven, *Drop the Rock* combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories and a reference section.

**aa fear inventory worksheet:** **How We Think** John Dewey, 2024-10-01 Explore the art and science of thinking with John Dewey's insightful book, *How We Think*. This essential work delves into the processes of thought and reasoning, providing a framework for effective thinking in everyday life. Are you ready to enhance your critical thinking skills and become a more thoughtful decision-maker? Dewey's practical approach offers valuable techniques for reflective thinking, emphasizing the importance of inquiry and problem-solving in both personal and professional contexts. His insights challenge you to rethink how you approach information and ideas. What new possibilities could emerge from developing your thinking skills? Don't miss the chance to elevate your intellectual capabilities. Purchase *How We Think* today, and embark on a journey toward more effective and meaningful thinking!

**aa fear inventory worksheet:** *Twelve Steps to Spiritual Awakening* Herb K., 2016-09-21 Herb K., who is also the author of *Twelve Step Guide to Using the Alcoholics Anonymous Big Book*, continues sharing his insights to the Twelve Steps by explaining the how and why, using his own experience along with traditional and universal spiritual wisdom. This book illuminates a path from the dark world of alcoholism and brokenness to a life of peace, purpose and fulfillment. Herb K. leads Twelve Step workshops, retreats and teaches spirituality and recovery throughout the U.S. and the world.

**aa fear inventory worksheet:** The Twelve Steps and the Sacraments Scott Weeman, 2017-11-10 Winner of a 2018 Catholic Press Association Award: Sacraments. (Second Place). In the first book to directly integrate the Twelve Steps with the practice of Catholicism, Scott Weeman, founder and director of Catholic in Recovery, pairs his personal story with compassionate straight talk to show Catholics how to bridge the commonly felt gap between the Higher Power of twelve-step programs and the merciful God that he rediscovered in the heart of the sacraments. Weeman entered sobriety from alcohol and drugs on October 10, 2011, and he's made it his full-time ministry to help others who struggle with various types of addiction to find spiritual wholeness through Catholic in Recovery, an organization he founded and directs. In *The Twelve Steps and the Sacraments*, Weeman candidly tackles the struggle he and other addicts have with getting to know intimately the unnamed Higher Power of recovery. He shares stories of his compulsion to find a personal relationship with God and how his tentative steps back to the Catholic Church opened new doors of healing and brought him surprising joy as he came to know Christ in the sacraments.

Catholics in recovery and those moving toward it, as well as the people who love them will recognize Weeman's story and his spiritual struggle to personally encounter God. He tells us how: Baptism helps you admit powerlessness over an unmanageable problem, face your desperate need for God, and choose to believe in and submit to God's mercy. Reconciliation affirms and strengthens the hard work of examining your life, admitting wrongs, and making amends. The Eucharist provides ongoing sustenance and draws you to the healing power of Christ. The graces of Confirmation strengthen each person to keep moving forward and to share the good news of recovery and new life in Christ. Weeman's words are boldly challenging and brimming with compassion and through them you will discover inspiration, hope, sage advice, and refreshingly practical help.

**aa fear inventory worksheet: Practicing the Here and Now** Herb K, 2017-04-18 With *Practicing the Here and Now: Being Intentional with Step 11*, you'll learn to use prayer and meditation to work all the steps, so you can make contact with the Higher Power in a way that is yours and yours alone. Step Eleven Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. How do we unlock and experience the teachings of Step Eleven? Herb K. helps us realize that working—and living—this vital recovery “maintenance Step” doesn't have to be as challenging as commonly thought. With *Practicing the Here and Now*, you'll find guidance on using prayer and meditation to help you be present throughout each day, staying in contact with your Higher Power for ongoing inspiration and sustenance. By opening the connection to your Higher Power with what Herb K. calls “intentional consciousness,” prayer and meditation can help you fully experience the cumulative power of the Twelve Steps to deepen and sustain your recovery journey.

**aa fear inventory worksheet: Trauma and the 12 Steps, Revised and Expanded** Jamie Marich, 2020-07-07 An inclusive, research-based guide to working the 12 steps: a trauma-informed approach for clinicians, sponsors, and those in recovery. Step 1: You admit that you're powerless over your addiction. Now what? 12-step programs like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) have helped countless people on the path to recovery. But many still feel that 12-step programs aren't for them: that the spiritual emphasis is too narrow, the modality too old-school, the setting too triggering, or the space too exclusive. Some struggle with an addict label that can eclipse the histories, traumas, and experiences that feed into addiction, or dismisses the effects of adverse experiences like trauma in the first place. Advances in addiction medicine, trauma, neuropsychiatry, social theory, and overall strides in inclusivity need to be integrated into modern-day 12-step programs to reflect the latest research and what it means to live with an addiction today. Dr. Jamie Marich, an addiction and trauma clinician in recovery herself, builds necessary bridges between the 12-step's core foundations and up-to-date developments in trauma-informed care. Foregrounding the intersections of addiction, trauma, identity, and systems of oppression, Marich's approach treats the whole person--not just the addiction--to foster healing, transformation, and growth. Written for clinicians, therapists, sponsors, and those in recovery, Marich provides an extensive toolkit of trauma-informed skills that: Explains how trauma impacts addiction, recovery, and relapse Celebrates communities who may feel excluded from the program, like atheists, agnostics, and LGBTQ+ folks Welcomes outside help from the fields of trauma, dissociation, mindfulness, and addiction research Explains the differences between being trauma-informed and trauma-sensitive; and Discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality-based approaches to healing.

**aa fear inventory worksheet: Strengthening Forensic Science in the United States** National Research Council, Division on Engineering and Physical Sciences, Committee on Applied and Theoretical Statistics, Policy and Global Affairs, Committee on Science, Technology, and Law, Committee on Identifying the Needs of the Forensic Sciences Community, 2009-07-29 Scores of talented and dedicated people serve the forensic science community, performing vitally important work. However, they are often constrained by lack of adequate resources, sound policies, and national support. It is clear that change and advancements, both systematic and scientific, are needed in a number of forensic science disciplines to ensure the reliability of work, establish

enforceable standards, and promote best practices with consistent application. Strengthening Forensic Science in the United States: A Path Forward provides a detailed plan for addressing these needs and suggests the creation of a new government entity, the National Institute of Forensic Science, to establish and enforce standards within the forensic science community. The benefits of improving and regulating the forensic science disciplines are clear: assisting law enforcement officials, enhancing homeland security, and reducing the risk of wrongful conviction and exoneration. Strengthening Forensic Science in the United States gives a full account of what is needed to advance the forensic science disciplines, including upgrading of systems and organizational structures, better training, widespread adoption of uniform and enforceable best practices, and mandatory certification and accreditation programs. While this book provides an essential call-to-action for congress and policy makers, it also serves as a vital tool for law enforcement agencies, criminal prosecutors and attorneys, and forensic science educators.

**aa fear inventory worksheet: ACT with Love** Russ Harris, 2023-06-01 Build more compassionate, accepting, and loving relationships with acceptance and commitment therapy (ACT). Let's face it: Picture-perfect storybook romances don't exist in real life. Couples fight. Feelings of love wax and wane through the years. And the stress and tedium of everyday life and work can often drive a wedge between even the most devoted couples. So, how can you reignite passion and intimacy in your relationship, cultivate greater understanding and compassion between yourself and your partner, and bring the joy back to your love life? In this fully revised and updated edition of ACT with Love, therapist and world-renowned ACT expert Russ Harris shows how developing psychological flexibility—the ability to be in the present moment with openness, awareness, and focus, and to take effective action in line with one's values—can help you and your partner strengthen and deepen your relationship. Also included is new information on attachment theory, powerful mindfulness and self-compassion techniques, and assertiveness and boundary-setting skills. ACT with Love will show you how to: Let go of conflict, open up, and live fully in the present Use mindfulness to increase intimacy, connection, and understanding Resolve painful conflicts and reconcile long-standing differences Act on your values to build a rich and meaningful relationship If you're looking to increase feelings of intimacy, love, and connection with your partner, this book has everything you need to get started—together.

**aa fear inventory worksheet: Science And Human Behavior** B.F Skinner, 2012-12-18 The psychology classic—a detailed study of scientific theories of human nature and the possible ways in which human behavior can be predicted and controlled—from one of the most influential behaviorists of the twentieth century and the author of *Walden Two*. “This is an important book, exceptionally well written, and logically consistent with the basic premise of the unitary nature of science. Many students of society and culture would take violent issue with most of the things that Skinner has to say, but even those who disagree most will find this a stimulating book.” —Samuel M. Strong, *The American Journal of Sociology* “This is a remarkable book—remarkable in that it presents a strong, consistent, and all but exhaustive case for a natural science of human behavior...It ought to be...valuable for those whose preferences lie with, as well as those whose preferences stand against, a behavioristic approach to human activity.” —Harry Prosch, *Ethics*

**aa fear inventory worksheet: One Breath at a Time** Kevin Griffin, 2018-02-06 Merging Buddhist mindfulness practices with the Twelve Step program, this updated edition of the bestselling recovery guide *One Breath at a Time* will inspire and enlighten you to live a better, healthier life. Many in recovery turn to the Twelve Steps to overcome their addictions, but struggle with the spiritual program. But what they might not realize is that Buddhist teachings are intrinsically intertwined with the lessons of the Twelve Steps, and offer time-tested methods for addressing the challenges of sobriety. In what is considered the cornerstone of the most significant recovery movement of the 21st century, Kevin Griffin shares his own extraordinary journey to sobriety and how he integrated the Twelve Steps of recovery with Buddhist mindfulness practices. With a new foreword by William Alexander, the author of *Ordinary Recovery*, *One Breath at a Time* takes you on a journey through the Steps, examining critical ideas like Powerlessness, Higher

Power, and Moral Inventory through the lens of the core concepts of Buddhism—the Four Noble Truths, the Eightfold Path, mindfulness, loving-kindness, and more. The result is a book that presents techniques and meditations for finding clarity and awareness in your life, just as it has for thousands of addicts and alcoholics.

**aa fear inventory worksheet: Twelve Step Sponsorship** Hamilton B., 2009-09-29 Twelve Step Sponsorship is the first truly comprehensive look at sponsorship, a role recovering people benefit from both as sponsees and ultimately as sponsors. Sponsorship is a rich and enduring part of tradition of Alcoholics Anonymous. Twelve Step Sponsorship delivers both the theory and practice--how to do it and why--in a clear, step-by-step presentation. Written by the author of *Getting Started in AA*, a widely acclaimed guide for the newcomer to the program of AA, Twelve Step Sponsorship is the first truly comprehensive look at sponsorship, a role recovering people benefit from both as sponsees and ultimately as sponsors. Twelve Step Sponsorship includes informative sections that deal with: finding a sponsor and being a sponsor. Twelve Step Sponsorship offers a welcome reinforcement to the tradition of passing it on from one generation of sponsors to the next.

**aa fear inventory worksheet: Eternal Sobriety** Neal P, 2004-04

**aa fear inventory worksheet: Blueprint for Progress: Al-Anon's Fourth-Step Inventory** Al-Anon Family Group Headquarters, 1987-06-01

**aa fear inventory worksheet: Staying Sober Without God** Jeffrey Munn, 2019-01-10 Staying Sober Without God is a guide for non-believers who want to get sober without an act of faith. Traditional 12-step programs push for a belief in God or a higher power. The practical 12 steps outlined in this book provide a path to lasting recovery that requires no belief in the supernatural.

**aa fear inventory worksheet: Treatment Plans and Interventions for Depression and Anxiety Disorders** Robert L. Leahy, Stephen J. Holland, Lata K. McGinn, 2011-10-26 \_This widely used book is packed with indispensable tools for treating the most common clinical problems encountered in outpatient mental health practice. Chapters provide basic information on depression and the six major anxiety disorders; step-by-step instructions for evidence-based assessment and intervention; illustrative case examples; and practical guidance for writing reports and dealing with third-party payers. In a convenient large-size format, the book features 125 reproducible client handouts, homework sheets, and therapist forms for assessment and record keeping. The included CD-ROM enables clinicians to rapidly generate individualized treatment plans, print extra copies of the forms, and find information on frequently prescribed medications.\_New to This Edition\*The latest research on each disorder and its treatment.\*Innovative techniques that draw on cognitive, behavioral, mindfulness, and acceptance-based approaches.\*Two chapters offering expanded descriptions of basic behavioral and cognitive techniques.\*47 of the 125 reproducibles are entirely new.

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**aa fear inventory worksheet: 12 Smart Things to Do When the Booze and Drugs Are Gone** Allen Berger, 2010-09-08 The author of the classic *12 Stupid Things That Mess Up Recovery* offers a fresh list of smart things to do to attain and sustain emotional sobriety. Learn the attitudes and behaviors that are key to attaining and sustaining emotional sobriety and developing a deeper trust in the process of life. Dr. Allen Berger draws on the teachings of Bill W. and psychotherapy pioneers to offer us twelve hallmarks of emotional sobriety. These “right actions” help us develop the confidence to be accountable for our behavior, to practice asking for what we want and need, and to cultivate a deeper trust in the process of life. Dr. Berger’s list of smart things includes understanding who you are and what’s important to you learning not to take others’ reactions personally trusting your inner compass Through practicing these twelve things, we find release from what Bill W. described as an “absolute dependence on people or circumstances. Freed from the emotional immaturity that fueled our addictive personality and hurt ourselves and others, we can develop the tools to find strength from within and continue our successful journey of recovery.

**aa fear inventory worksheet: To-Do List** Sasha Cagen, 2008-06-30 What Do Your Lists Say About You? More and more, we are a nation of list-makers, from grocery lists, New Year's resolutions, and things to do before we die to DVDs to rent and people we've kissed. In *To-Do List*

(based on the popular blog of the same name, [todolistblog.com](http://todolistblog.com)) Sasha Cagen celebrates the humble to-do list, exploring the ways these scribbled agendas reflect our personalities and passions. To-Do List is both a celebration of lists and a peek at the lists that others create. Broken down by subjects like Daily Lists to Sex Lists, it's a fascinating collection of lists from everyday people to the well-known: Novelist Nick Hornby's list of desert island discs A therapist's secret fears (I HATE having to think about clients in relation to my hair or clothes) A shopping list from chef Alice Waters of Chez Panisse A woman's accomplishments before her thirtieth birthday (Hot air ballooned over the Serengeti, Danced on a table in Vegas) Qualities one man is looking for in a future wife, including Chews with her mouth shut and Will let me give my first son the middle name of 'Jacob' With each list, Cagen offers the story behind it and a prompt for readers to compare notes and take their own stab at a similar list. Voyeuristic and interactive, To-Do List will show you just how much -- and what -- your lists say about you.

**aa fear inventory worksheet: The Little Red Book** Edward A. Webster, 1957

**aa fear inventory worksheet: Diagnosing and Changing Organizational Culture** Kim S. Cameron, Robert E. Quinn, 2011-01-07 Diagnosing and Changing Organizational Culture provides a framework, a sense-making tool, a set of systematic steps, and a methodology for helping managers and their organizations carefully analyze and alter their fundamental culture. Authors, Cameron and Quinn focus on the methods and mechanisms that are available to help managers and change agents transform the most fundamental elements of their organizations. The authors also provide instruments to help individuals guide the change process at the most basic level—culture. Diagnosing and Changing Organizational Culture offers a systematic strategy for internal or external change agents to facilitate foundational change that in turn makes it possible to support and supplement other kinds of change initiatives.

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**aa fear inventory worksheet: Twelve Steps and Twelve Traditions Trade Edition** Bill W., 1953 Twelve Steps to recovery.

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touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. Is someone else's problem your problem? If, like so many others, you've lost sight of your own life in the drama of tending to someone else's, you may be codependent--and you may find yourself in this book--Codependent No More. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. With instructive life stories, personal reflections, exercises, and self-tests, Codependent No More is a simple, straightforward, readable map of the perplexing world of codependency--charting the path to freedom and a lifetime of healing, hope, and happiness. Melody Beattie is the author of Beyond Codependency, The Language of Letting Go, Stop Being Mean to Yourself, The Codependent No More Workbook and Playing It by Heart.

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**aa fear inventory worksheet: Twelve Concepts for World Service** Bill W., 1962

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**aa fear inventory worksheet: A Gentle Path Through the Twelve Steps** Patrick Carnes, 2012-04-13 A Gentle Path through the Twelve Steps Updated and Expanded

## Additional Resources

### FEAR INVENTORY - 1939aa.com

Instruction 3 Which part of self caused the fear. Was it our Social Instincts, Security Instincts, Sex Instincts, Ambitions i.e. self-esteem, Ambitions our pocketbooks, our ambitions, our personal ...

### RESENTMENT INVENTORY PROMPT SHEET - 12 step

Here is a list of fears that may be helpful in your fear inventory. Feel free

to add to the lists if you need to. List all people, places, things, institutions, hurt or threatened by. What happened? Be ...

#### *The Fear inventory - Emotional Sobriety And Food*

Write out a fear inventory in paragraph form using the topics below. What is the Fear? What was my Belief System with regard to this fear? How has Self-reliance failed me with regard to this ...

#### Fourth Step Guide - Alcoholics Anonymous Cleveland

"Made a searching and fearless moral inventory of ourselves." This personal inventory guide will assist you in completing your Fourth Step, as instructed in the book of Alcoholics Anonymous. ...

#### FEAR - stepsbybigbook.net

Use the same page 65 three-column format to take an inventory of your fears. Fear Inventory Who: People, institutions, and principles that cause me fear. "#1 When did I first have this fear? ...

#### UA Fear Inventory Oct 2010 - Underearners Anonymous

Read from bottom of page 67 through 68 of the Big Book before beginning. 1. Column 1: Page 68: "We reviewed our fears thoroughly. We put them on paper, even though we had no resentment ...

#### **: FEARS INVENTORY**

Fill out the following inventory worksheets with your own experiences. Begin with the blank chart below. I am fearful toward: Examples: being alone, failure, rejection, my boss, etc. (Be specific.)

#### **WHAT IS THE PURPOSE OF THE 12 STEPS?**

Everything contained in the Fourth Step Inventory Worksheets is directly from the book Alcoholics Anonymous. The worksheets were created by using the precise instructions in the Big Book to ...

#### **RESENTMENT INVENTORY PROMPT SHEET**

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#### **Resentment Inventory - Overcomers Outreach**

FEAR INVENTORY PROMPT SHEET. Here is a list of fears that may be helpful in your fear inventory. Feel free to add to the lists if needed.

#### *FOURTH STEP INVENTORY: FEARS - Underearners Anonymous*

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#### 4th Step Instructions and Notes - Club 12 Alcoholics ...

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#### th Step workbook - medinaaa.org

Fear Inventory I'm fearful of: (People, Institutions & Principals) The cause (the fear associated with it/them) Affects my: My wrongs-What Did I do? Character defect: Self Esteem seeking/Self ...

#### *STEP 10 INVENTORY WORKSHEET - OA Unity Intergroup*

Fear (Frightened): alarm and anxiety caused by the expectation or realization of danger - real or imagined - such as fear of harm, losing something you have, not getting what you want, ...

#### **Step 4 Inventory Expanded with Explanations - Emotional ...**

Write out a fear inventory in paragraph form using the topics below. What is the Fear? What was my Belief System with regard to this fear? How has Self-reliance failed me with regard to this ...

#### **AA 4th Step Worksheets - Sober Speak**

AA 4th Step Worksheets The fourth step is a very special step in the 12-step program. We have admitted our problem and handed our lives over to the God of our understanding and now we ...

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#### *STEP 4: FEARS - wholebriety.com*

Fear List: We reviewed our fears thoroughly (e.g. the 3rd & 4th List of our Resentment Inventory). We put them on paper, and asked ourselves why we had them. 1. What is my fear? 2. Why do ...

#### **Fear Inventory - Experience The Big Book**

1. Fear is a wrong. Fear is wrong belief 2. The Book says fear is evil for us 3. It is an evil and corroding thread; the fabric of our existence is shot through with it! 4. It sets in motion trains of ...

#### **FEAR INVENTORY - 1939aa.com**

Instruction 3 Which part of self caused the fear. Was it our Social Instincts, Security Instincts, Sex Instincts, Ambitions i.e. self-esteem, Ambitions our pocketbooks, our ambitions, our personal ...

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