

Step 4 Made a searching and fearless moral inventory of ourselves

4L Fear

Fear is often the last drive that addicts look at - because we do not want to admit to ourselves that we have fear. We mask fear with many other activities and actions. For example, rage is often fear and hurt dressed up as anger. The moral issue with fear is not that we have fear, but when fear keeps us from doing the right thing or drives us to do the wrong thing. Inventory how you have lived outside of a higher power's wishes in respect to fears:

How have I ignored my fears? What activities do I engage in to avoid admitting to fear? How have I used my addiction to avoid fear?

Fear keeps us stuck in the same old patterns and actions. Sometimes, that is the only way that we can know that we have fear - we instinctively avoid certain actions, options, and possibilities.

What have I avoided doing? What opportunities have I walked away from? What options for my life have I refused to acknowledge were there?

Another way we can see that we have fear is that we yield to another person, especially when we yield and then, give in to our addiction. Where have I yielded to another person and then, gone into my addiction?

Another way we can see that we have fear is when we have sudden anger. For some of us, we will have sudden anger when events happen. We have gone through fear and into anger so quickly that we did not recognize our fear. Some of us have so much fear of angry situations that we stuff our anger till it boils. Some people use fear dressed as anger to make others afraid - to pass the fear on to them in order to manipulate and control.

What is my interaction between fear and anger?

Courage is not when we don't have fear, but when we have fear and go ahead anyways. When have I had courage? What have I learned in the program about being present when having fears?

What would it mean to look to a higher power's care in the middle of my fears?