

Step 5 Admitted to God, to ourselves, and to another human being the exact nature of our wrongs

5L Drive and motivations - Fears

Often, fears are about old hurts. How can I use my fears to identify the old hurts and let them go?

Fear is also projecting into the future. How can I let a higher power take care of my future? What do I need to acknowledge to other people so that I can live in the present instead of the future?

What techniques am I learning to let go of my fears?

Fear pumps the body full of chemicals which harm the body if not dealt with. These chemicals are designed to help us run quickly. What can I do to properly deal with these chemicals? What physical activities can I engage in when in fear so that those chemicals do not persist?

How can I be accountable to other people for my behavior when in fear? What patterns of fear, anger, and addiction do I need to acknowledge to other people on a regular basis?

The opposite of fear is not courage, but love. What am I learning about how I am being loved by a higher power? How is my courage helping me to open up to love? How is my experience of that love helping me to let go of my fears?

How am I finding that as I am loved, I have more courage to face the fears? How is my practice of admitting to others on a regular basis improving my courage?