

WESTBORO BIG BOOK STUDY TAPE GROUP

All Saints Anglican Church

Saturday Morning 9:00 a.m.

347 Richmond Road (near Churchill)

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Step 4 - Fear Inventory Chapter 5 - How It Works

(Tape 6 - 00:16:00.0)

J & C This morning we're going to talk about fears a bit, we're not going to psychoanalyze ourselves in any matter, we're simply going to do like the book suggested yesterday. We're going to find the facts, we're going to face the facts eventually through this process, and we're going to accept the facts as they really are truthfully. And it says also that when the spiritual malady is overcome we straighten out mentally and physically. The spiritual malady is not only my relationship with God, but my relationship with me, my mental attitudes and my relationship with other people. So that's another form of spiritual malady that I had. And Dr. Jung said we're going to have to look at our ideas, emotions and attitudes and that's what we're doing through this inventory process. Looking at ideas, emotions and attitudes and see where they came from. And if we will we'll go back now to page 18 and I'm going to read this little paragraph it tells my whole story in one little paragraph

Big Book p. 18, par.1 "An illness of this sort, and we have come to believe it an illness, involves those about us in a way no other human sickness can. If a person has cancer all are sorry for him and no one is angry or hurt. But not so with the alcoholic illness, for with it there goes annihilation of all the things worthwhile in life. It engulfs all whose lives touch the sufferer's. It brings misunderstanding, fierce resentment, financial insecurity, disgusted friends and employers, warped lives of blameless children, sad wives and parents anyone can increase the list."

J & C In other words it's a family illness; it affects everybody in the family to some extent. And if you live with one of us very long you'll be affected by it in some manner for sure. And as I look back in my life to see where these ideas, emotions and attitudes that would become the guiding force of my life started way, way back.

My dad was an alcoholic I know that today. He had an obsession to drink and my mother had an obsession to see that he didn't drink and I grew up in that. My dad was a farmer there in Oklahoma and he couldn't make it there real well there during the Depression and they came to California and eventually we didn't fit in real good out here in that time. Later on we fit in real good. But we moved back to Oklahoma, back to West Tulsa, Oklahoma that's we're all the poor people lived and the menial labor people lived and that's where we lived. My dad got a job as an iceman. Worked six days a week carrying ice to the people's homes, backbreaking work. Saturday he would come home after work and he would stop by the bootlegger and pick up a half-pint or pint of that rotgut whiskey and had a little drink. And he needed a drink for sure. My mother saw that fifty cents or a dollar going for whiskey that could have gone for these five kids that she had and she was fearful too and she raised hell with him and he raised hell with her and I grew up in this, that's the way I grew up. And we know it's a progressive illness this alcoholism and my family got progressively worse. My dad got to be physically and verbally abusive to my mother and us children and as time went by he would put out a gun once in a while or a knife and wave it around the house and threaten my mother with it. And from time to time when I was a young fellow and he would take my mother out and would tell us before he left, boys I'm going to kill your mom this weekend, and they'd be gone. And I'm sitting at home, seven or eight years old and I'm growing up in this and it affected me emotionally in lots of manners. Later on his drinking got to be so bad my mother had to have him committed to the Eastern St. Hospital of Bonita, which is our local nut house and they didn't have any treatment centers for alcoholics at that time so they put him in the criminally insane ward. And that's what they did with alcoholics of our type in those days 1949, 50, 51. He was committed there till he got well, think about that. My dad was there for three years and seven months and thirteen days and he was an alcoholic in the criminally insane ward. And my brother and I used to hitchhike up there about seventy miles and take a couple of dollars and a carton of cigarettes to see him and we'd go into the criminally insane ward and I'd see things in there that I can't describe that you're not ever supposed to see what they did with people in those days. And some of the ideas, emotions and attitudes began to form in my life right around there and on the way home sometimes I would think this, If God, you got to blame it on somebody, if God is going to do this to me then to hell with God. And I'll never be calling on him any more thank you. And that's the way I lived my life. Another thought came to my was this. If it hurts this much to love people I'm not going to love anybody anymore either, quit loving people, it hurts too much. So I began to push people out of my life. And another thought came to me was this, if anything good is going to happen in my life it's going to happen because I alone without any help made it that way. A totally selfish and self-centered attitude, but I didn't know that. I thought those were very brave attitudes on my part, and I thought that way for a long time. And I'm trying to say it's not very good coping skills we have here. They put you in jail for some of these ideas that you have, and they divorce you for those kinds of things. I see people today who are very loud and profane, verbally abusive, cussing, raising cane everywhere, and I know exactly what's wrong with them, they're scared to death. Cause that's exactly the way I was and if you threatened me in any manner I would jump right in your face. I did that; I did that over here across the river in Arizona one time. They gave me seven to fifteen for that, told me never to come over

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there again, but I didn't... I went back one time, well anyhow, just briefly. We went to Flagstaff and did a Big Book Study and he was looking behind him all the time. They told me never to come back and I meant it, when I left there I meant never to come back.

What I am trying to tell you is that I didn't need God, I didn't need other people, I just needed me, and that's the way I lived my life way after I got into Alcoholics Anonymous. So now let's go back to p. 67. There again we're not trying to psychoanalyze ourselves. I found the facts, I accepted the facts and I looked at the facts and I could see where I'd come from

Big Book p. 67, last par. "Notice that the word 'fear' is bracketed alongside the difficulties with Mr. Brown, Mrs. Jones, the employer, and the wife."

J & C Six times along that column (3rd column, example on p. 65)

Big Book p. 67, last par., line 3 "This short word somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it. It set in motion trains of circumstances which brought us misfortune we felt we didn't deserve."

J & C You know you do the crime, you do the time. That's the way that is.

Big Book p. 67, last par., line 7 "But did not we, ourselves, set the ball rolling? "

J & C You see I did that myself, to me cause I didn't know any better.

Big Book p. 67, last par., line 8 "Sometimes we think fear ought to be classed with stealing. It seems to cause more trouble. We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them. We asked ourselves why we had them. Wasn't it because self-reliance failed us? Self-reliance was good as far as it went, but it didn't go far enough. Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. When it made us cocky, it was worse."

J & C So what we're going to do here his morning is basically about what we did with resentment. We have a little list here; it's a review of our fears. And we're simply going to

- (a) look at our fears,
- (b) where they come from - the ideas, emotions and attitudes behind them and
- (c) what we're fearful of.

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And we're going to write them down in these columns just like we did with resentments and it won't take very long to do this. The first column it says

Column One

Who or what do I fear?

I list People, Principles and Institutions whom I fear

And again in Column One I **simply** write down the people, institutions and principles that I fear, leaving a little space from top to bottom one column at a time, we list those.

Now we men tend to say we don't have much fear, we're tough, we're macho. We're not talking about physical fear anyhow, we're talking about all these fears that run through the mind from time to time. I think if we carefully look at them we'll find we all have fears connected with

- our marriages
- our children
- our jobs
- (Revenue Canada)
- Police Department
- Federal Government
- Church

We could just go on and on and on and name literally thousands of fears that people have. Now I am not going to attempt to psychoanalyze myself. I not going to say that these fears are things that come from things way back in my early childhood like mother setting me sideways on the potty when I'm two years old or something. Some fears we're supposed to have anyhow. It's just like resentments; fear can be used for a worthwhile purpose, if they're used right.

Mainly what we're looking at are these fears in our head that just continuously

- control us and
- rule us and
- dominate us

**We've made a decision to let God direct our thinking (Step 3)
and if we have that many fears than God can't,
the fears do**

And I found out the same thing here with these fears as I did with resentments.

I didn't think I had very many fears until I started putting them on a piece of paper.

You can only see one at a time in your head

And as I began to fill our sheet after sheet after sheet I began to realize how much fear really does control me, rule me and dominate me. So I did the same thing I did with resentments

Column 1

started top to bottom, list each fear, leave a little space between each one of them

And it's amazing when we see how much fear we really do have we'll never see it until we put it on a piece of paper

For many years I didn't think that I had any fears at all. I thought I had a very brave attitude. After I filled out this column I could see the fears was throughout my whole attitude and outlook on life was permeated every part of my life. I was fearful of everything and everyone and I did not know that. I did not know that.

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So I **simply** go to the second column and I write down beside each of these People, Principals and Institutions of whom I am fearful, what am I afraid of in conjunction with those people?

- Am I afraid that one of them is going to do something to me?
- Am I perhaps going to go to jail for some of the things that I did?
- Am I going to lose something of value?
- Am I going to lose face?
- Will it result in divorce?
- Will it destroy a personal relationship?
- Might I lose my job?

Those kinds of questions I asked myself beside each of those people and institutions and principles that I listed in Column 1.

Column 1

Who or What do I Fear

Column 2

What Am I Afraid of

- Marriage
- Children
- Job
- (Revenue Canada)
- Police Department
- Federal Government
- Church

Once again as we fill out that second column, when we begin to look at these fears we're going to find that nearly all of them are going to revolve around about one, two or three things anyhow.

Nearly every fear I've ever had revolves around the fact that

- (1) I'm not going to get something that I really want, or**
- (2) I'm going to lose something that I've already got, or**
- (3) I've done something to another human being I shouldn't have done, and**
- (4) I'm worried to death about what they're going to do whenever they catch me.**

Nearly all of them will center somewhere around those things, so we **simply** just put down the cause of the fear.

Then again I'm not going to say I'm afraid of the dark cause Mother set me one the potty sideways. Some fear I'm supposed to have. You betcha. I'm a little bit afraid of the dark. Why? Well I don't have headlights and I can't see at night. That keeps me from getting hurt; it brings caution. I'm a little bit afraid of heights. Why? Well I don't have wings and I can't fly. Keeps me from getting hurt.

But if those kinds of fears should keep me from going outside after dark, if they should keep me from riding in an elevator or an airplane, then I better look at them closely. They're beginning to really, really rule me and dominate me.

Most of my fears though, center around just basically two or three things. I'm afraid

- (1) I'm going to lose what I got
- (2) I'm not going to get what I want
- (3) I've done something I shouldn't have
- (4) What are they going to do when they catch me?

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Very simple process.

Column 3 - What part of self was affected?

Column 1

Who or What do I Fear

- Marriage

- Children

- Job

- (Revenue Canada)

- Police Department

- Federal Government

- Church

Column 2

What Am I Afraid of

Column 3

What part of self was affected?

Again that's why I need that information of the basic instincts of life and the working knowledge of some of those words and ideas that enable us to do the third column. If you don't have a God in your life and you're living without God and you don't need other people and you're living on your own will then there's only one thing you can do and that's try to satisfy your basic instincts of life and that's what I was doing I was operating on my own.

So what part of myself was affected? Was it
my self-esteem?
my security?
my ambitions?
personal or sex relations?

Which had been interfered with. Those are the things that had happened and I looked down on the third column and beside each name I'd write down one of those basic instincts of life, the part of me that was affected by these things.

You know I can't experience fear unless there's a threat to one of the basic instincts of life. And I found out as I filled out the third column, just like I did with resentments I found out where fear comes from. You know I didn't know where resentments came from, I didn't know where anger came from, I didn't know where fear comes from.

Today I realize (fear) it comes from the threat to one of the basic instincts of life. And just like with a resentment, if my basic instincts are at the level that God intends for them to be, if my relationship (with God) is right, then you can do about anything you want to to me and I'm not going to experience fear because of it.

But I'll guarantee you if my instincts are not under control,
my relationship with God is not right
then about anything you do or say to me is going to create fear.

Absolutely amazing what we learn about ourselves, just by filling out these simple little columns.

(Tape 6 - 00:30:12.8)

14 minutes