



Fear Inventory

Based on Fear Workshop (Concept 9) at the 2013 WICYPAA

1. What program tools help us build self-confidence?

- The Steps, especially 4 & 5
- Sponsors (service sponsors too)
- Traditions, especially 1
- Participation, Concept 4
- Service Work
- One Day At A Time
- Keep It Simple
- All slogans
- Open meetings – hearing others' stories
- Using the phone list
- Attending Assemblies, Workshops, etc.
- Speaking on panels
- Sharing at meetings
- Having a Higher Power
- Seeing others' growth
- Someone mentioning my growth - feedback from sponsor/sponsees
- Prayer & meditation
- Sponsoring others
- Progress Not Perfection
- Being spiritually fit
- Attitude of gratitude and acceptance
- Balance
- Believing ***I can*** instead of ***I can't***
- Holding a position
- Leap of faith
- Concepts, warranties
- Humility
- Unconditional love
- Listening
- Al-Anon Members web site

2. What is a successful leader/trusted servant?

- Doesn't dominate
- Good listening skills
- Initiative
- Open-minded
- Flexible
- Some experience
- Humble
- Not afraid to ask questions
- Courageous
- Any idea is a good idea
- Minority views are heard
- Think outside the box
- Positive outlook



- Team player
- Delegates responsibility
- Empower others
- Dedicated
- Not give up
- Committed
- Willing to be wrong
- Faces conflict
- Working knowledge of Steps, Concepts, and Traditions
- Should know when to change directions
- Not be an over-achiever
- Spiritually connected
- Visionary
- No micro-managing
- Realistic expectations
- Humility
- Wisdom
- Confidence
- Approachable/personable
- Enthusiastic (cheerleader)
- Honest
- Risk taker
- Thinks outside the box
- Good listener
- Ability to prioritize
- Principles above personalities
- Collaboration
- It's a "we" program, not "me"
- Leaving your own opinions out
- Not afraid to fail
- Organized
- Dependable
- Progress not perfection
- Humor

3. What fears may impede our self-confidence?

- Fear of failure
- Fear of disappointing others
- Fear of being made fun of because we lack knowledge
- Fear of success
- Fear of embarrassment
- Being intimidated
- Fear of past failure
- Internalizing others' negative comments about us (criticism)
- Fear of being incapable of doing the job
- Other's judgment
- Insufficient - inability to be perfect
- They won't like me
- Thinking we have to do it all
- Fear of unknown/change
- Fear of conflict



- Fear of not knowing self - lack of self-assurance
- Fear of not contributing
- Fear of how I present myself – poor body image
- Inadequacy
- Low self-esteem
- Failure (past failures as well)
- Thinking you have to be perfect
- Being noticed
- Fear of success
- Old messages from the past
- Fear of disappointment
- Fear of not making everyone else happy
- Fear of being “yelled at”
- Fear of change

4. How can we empower ourselves to be successful leaders/trusted servants?

- Take every workshop & training
- Ask questions
- Role play, e.g., pretend to be a DR and practice in a safe place
- Service sponsor to guide me, to be a cheerleader
- Talk to HP and trust
- Know that it's okay to answer questions
- Learning to listen
- Building on others' experiences - networking
- Trusting in a Higher Power
- Making the position your own
- Boundaries
- Concepts
- Read/study the Service Manual
- Use Traditions
- Use the web site
- Being gentle with ourselves
- Using humor
- Journaling - seeing our progress/growth
- Gratitude
- Positive self-talk
- “Rewriting” our story
- Stick with the winners
- Be gentle with oneself
- Allow self to make mistakes (self-acceptance)
- 4th Step inventory
- Don't gossip - be confidential
- Build trusting relationships with others so they will cooperate in service.