

## *Al Kohallek Goes On A Forty-Day Serendipity Journey*

**DAY 16** - Today is \_\_\_\_\_

**When you start your daily practice you may ask your Higher Power** – “Cause me to have all the honesty, willingness and open-mindedness I may need here and now. I ask, for the guidance, love and wisdom that I need to work through this process and gain the most I can at this time. I am as willing as I can be to set aside everything I even think I know about this area, this way of life so that my chances for an open-mind and to be teachable are better and I may realize Your Three Spiritual Gifts: Awakening to You, to be the love I am and to be the individual You created me as. Thank You.”

### INDEX FOR THIS DAY ACTION - FEAR LIST BOXES

**USING THE LIST BOXES** – In principle you are to follow the same procedure for each of the List Boxes. **ACTION (1)** (page 47) is the first part of our Step Four Inventory Format. **a.)** Choose the items from the List Boxes you have complied with or violated. **b.)** Note your frequency choices by marking one of the columns: (R) Rarely – (S) Sometimes – (O) Often – (I) Intense or very Important. **c.)** If your Intense or most Important are not included in the List Boxes add them to the list. Take the next suggested action for each of the List Boxes after you have identified and noted your frequency choices. *Each of the List Boxes are followed by a Supplement sheet for additional space.*

**ACTION** – After you have completed the My Fear List Boxes using **ACTION (1)** follow the same procedure below to complete the next part of this assignments.

1. In column one list write the name of the person, place or thing you fear the most, that most intense fear.
2. In column two write the cause: what was or was not done – taken away or not given.
3. Is this Fear Rational (R) or Irrational (I)? Mark one of the right hand columns.

Lou-is: Fear gains much of its “power” by our trying to avoid looking at it, feeling it, or running away from it. When we turn and face our fears their nature will change into one of two things:

1. This fear is a real problem that calls for a solution or acceptance. (**Rational**)
2. This fear is an illusion that we made up. (**Irrational**)

The way we are most likely to respond is easy to see. When I have a rational fear, or problem I can choose to look for a solution or just accept it. Much of the emotional insanity is taken out of it.

When I realize that this fear is irrational, another one of my illusions I made up, that it is not Reality but my personal “reality”, it is then very likely I can let it go and if I am ready I can start working on my personal “reality” that called it up to start with.

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### MY FEAR LIST BOXES

Choose by marking the columns: **(R)** Rarely - **(S)** Sometimes - **(O)** Often - **(I)** Intense/very Important.

R	S	O	I	#	COMMON FEARS	R	S	O	I	#	COMMON FEARS
				1	11 <sup>TH</sup> hour of my life					17	I won't get what I want
				2	Abandonment					18	I'll be paid back
				3	Accidents					19	Incapable to love/be loved
				4	Any form of lack					20	Loss of a loved one
				5	Authorities - God					21	Loss of a relationship
				6	Being alone					22	Never enough
				7	Being taken advantage of					23	No loving God-conscious
				8	Can't have children					24	No one to share with
				9	Can't meet financial needs					25	Not liked or loved
				10	Certain types of people					26	Poor health
				11	Change					27	Projecting my anger
				12	Disapproval					28	Rejection
				13	Failure					29	Success
				14	Fear of being a fool					30	Stuck, can't really change
				15	Fearful of having children					31	Unable to realize purpose
				16	Have no real value					32	Weird imagination

1. In column one write the name of the person, place or thing you fear the most, that most intense fear.
2. In column two write the cause: what was or was not done – taken away or not given.
3. Is this Fear Rational (R) or Irrational (I) ? Mark one of the right hand Columns.

FEARFUL OF:	THE CAUSE OF THIS FEAR	R	I

