

*Fear  
Turnaround  
Rise Above*



What am I afraid of?  
Why do I have this fear?  
How did self-reliance fail me?

And when I do that, whom am I relying on? Source or me?

**What would it look like if I were to rely on Source (God)?**

Tip:

*Run the question through you, like a meditation, and wait to hear or feel the answer come from Source :)*

*Am I trusting and relying upon this Source Energy (God)?*

*Am I trusting Infinite Source rather than my finite self?*

*Am I humbly relying on Source?*

**Fear prayer:**

God/Source, please remove this fear and direct my attention to what you would have me be?



What am I afraid of?

*I feel afraid of lacking approval.*

Why do I have this fear?

*I feel they won't approve of me and they won't be happy with me.*

How did self-reliance fail me?

*I've tried to over-give to be loved. I've tried to overdo everything...and never got it. I give and they treat me badly in return.*

And when I do that, whom am I relying on? Source or me?

*Me. I'm hoping I can fill up my own jars using my will.*

What would it look like if I were to rely on Source (God)?\*\*

*I would know I give enough. I do enough. And what the people do or think can't ever take away from my sense of approval and security. I would feel safe either way. It would be all good.*

**\*\*Tip: *Run the question through you, like a meditation and wait to hear or feel the answer come through you. What images do you see?***

***Questions are from AA's Big Book***

Fear will justify hiding and biting. It will come from a wounded inner child or a part inside who is not the Success Queen but most definitely a part disconnected from Truth and from God. Pluck it out ASAP Daily like you would running mascara on your face ;)