



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 a black hard on your chin :)

*Fear
Turnaround
Rise Above*



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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?