Fear is not something we want to get rid of. Fear is something we need in our lives to be able to survive. If we don’t feel the fear when a tiger is approaching us, we will not respond and we will get our selves killed! So fear is truly a thing we need in life. When people are traumatized or people who struggle with addiction, the fear meter is completely off balance. The fear response comes up when there is no danger or when we THINK there is danger but in reality there is not. Fear becomes our worst enemy and something we wanna fight and hide from. Fear becomes

something that is completely fabricated by the mind.

Usually these fears are based on things we have experienced in the past and that we didn’t overcome in a natural way. We labeled it and told ourselves all kinds of things about this experience in order to gain a sense of control. We made ourselves believe that this was the truth and if we only avoid and defend hard enough, this will not happen to us again. We found ourselves in a full flight from reality. Avoiding only made it worse because when we avoid something out of fear our fear network expands. So for example when we are afraid of our grey bearded dentist we avoid the dentist to avoid feeling that fear again but then our brain does something we did not expect; It will bring up the fear response with grey bearded man in general. For many addicts or traumatized people this way of approaching life will mean in time, that we live in fear for the most part of our lives.

We need to understand first that our circumstances are not the problem. Its what we experience inside that causes us to behave the way we do. BUT our emotion is also not the problem, it is how we react to the emotions that causes all of our troubles. The fear itself isn’t the problem its the way we react to it that causes us to be destructive. So our response need to change and we do that not alone with insight and cognitive knowledge, we do that we real ACTION.

The twelve step program as suggested in the big book is based on facing your fears and experiencing that there will happen absolutely nothing when we do so. In the process we will learn to lean on a higher power to deal with our fears and emotions that come up. Its a process to **awaken the spirit within** and no longer live in fear, which killed our spirit in the first place!

First we lay our foundation with convincing ourselves that WE are the problem, not any circumstance, person, trauma or substance, WE are our own worst enemy when it comes to managing our lives. And all of this is because we are led by fear instead of faith. Led by fear means led by the ego, led bij faith means led by a higher power. And that brings us to the next part of the foundation, the solution; FAITH. We need to be willing to believe there is something that can relieve us from this fear based reality. Without this foundation there is no point in facing the spirit of fear that has such an incredible hold on us. We will get scared before we are half way trough and go back in to hiding within a heart beat when the problem and the solution are not crystal clear.

When we are convinced of the problem, are certain of the solution and pledged that we will do whatever it takes to get to this awakening of the spirit; we are ready to face our fears. At first on paper! We write down all of the events and people in our lives that, till this day, have a hold on us!

Instead of writing a story of my life, I write facts. True facts. Who was involved, what did this person do, how did I interpreted it, how did it hurt me and most of all; how did I use it further in my life?! Because that is what fear made me do. I used these events, labelled them and swore to god this will never happen to me again. And that’s how I went on with my life. Kicking everyones ass who only TO ME looked the same as my past experience. A long the way this system backfired extremely and started kicking my ass. People didn’t understand the way I was treating them, why I doubted, distrusted or hurt them for no reason. Why would they?! And to me it was so clear. I thought I was on to everyone and everything. Not knowing my whole perception was based on ‘old ideas’.

This step made me unreval all of these old ideas and I began to see that all those unresolved events were stuck in me and caused me to react to fear instead of reality. Its like sitting in a restaurant and I am the only person hearing the fire alarm and reacting to it if tho my life depends on it.

When I have disclosed all of my old ideas with an honest and open mind, its time for all those things to see the light of day. Because that’s another thing fear did to me. It caused me to keep everything to myself, trust no one and live in shame and guilt in solitude. Not the best companions I can tell you! Shining the light of awareness on it and let the spirit do its work, an instant relieve from shame and quilt will follow.

After doing this I can clearly see where my make up went wrong. What are my defects, what are the behaviors that come with the fear response. If I am the only one hearing this fire alarm and I have the feeling that I have to fight for my life, you bet that I come with characteristics in order to safe myself that aren’t pretty. Leave no stone on turned here! What are my deepest darkest ways to behave when I have the feeling it is needed to get what I want, in order to survive.

When this is done, I pray and have faith that I can overcome this. That my faith, my God as I understand him, can release me from these characteristics.

Its all about placing faith before fear. Time and time again. And this will show itself when we enter the step that it is all about when we talk about facing fears. Its time to go the ever single person on our list to face the fears that are attached to those people. And really experience that it is US that attached those fears to those people. There is nothing to be afraid of. And it is NOT enough to tell ourselves this. If we really want to awaken the spirit, and defeat the spirit of fear that is holding back our entire life, we need to DO it.

We can make a long story out of that but I will not! There is no other option than to face our fears with action. We need to send ourselves the signal that we were wrong. That there is no real danger. If only convincing ourselves was enough, we would have done that a long time ago.

After this the spirit will be awakened, we will be released of the bondage of fear. Faith has won!!!! There is no better feeling in the world than finally living in faith. It’s the **freedom** we always longed for.

If we do this correctly, thorrowly and with all that we got; we will be motivated and convinced that this is something we need to work on everyday in order to never risk living in this fear based reality again. We will reflect on our actions daily and set straight were we need to. We will feel obligated to spread the message and help others on this spiritual path. Because we know what it is to live in fear, we know how real this was to us and how unhappy we were. And how we now have find and experienced the solution. In ordere to keep this, we must be eager to give it away. And that…. If you ask me; Is the beauty of it!

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