

Fear-Based Avoidance

Fear & Trust

Step-Working Guide · The Recovery Files

In this workbook

1. **Fear-Based Avoidance** — key ideas, worksheet

Each topic's scored self-assessment and mind map are in the app.

TOPIC

Fear-Based Avoidance

KEY IDEAS

Fear-Based Avoidance

Understanding Paralysis in Recovery

Fear-based avoidance is a complex pattern involving catastrophic thinking, emotional overwhelm, and action paralysis. It masquerades as prudence but often results in 'recovery without courage,' blocking spiritual growth and authentic living.

Catastrophic Thinking

Worst-Case Scenarios

This pattern involves consistently imagining the worst possible outcomes. It amplifies risks and minimizes personal resilience, creating overwhelming anxiety that prevents action even when consequences are manageable.

Emotional Overwhelm

Anxiety Amplification

Viewing difficult emotions as dangerous or unmanageable leading to systematic avoidance. This prevents the emotional tolerance necessary for spiritual growth and maintains a sense of helplessness.

Action Paralysis

Decision Avoidance

The gap between knowing what needs to be done and having the courage to do it. It manifests as indefinite postponement of essential recovery work due to fear of making mistakes or facing risks.

Consequence Magnification

Distorted Risk Assessment

Inflating the likelihood and severity of negative outcomes while minimizing available support. This distortion creates disproportionate fear about manageable situations and blocks spiritual empowerment.

Comfort Zone Protection

Status Quo Maintenance

Resisting changes that challenge current patterns, prioritizing familiarity over growth. This prevents the spiritual stretching necessary for recovery progress and limits life satisfaction.

Spiritual Bypassing

Faith Avoidance

Using spiritual concepts to avoid practical courage. Treating spirituality as a substitute for action rather than support for it, preventing the faith development that comes from trusting Higher Power in challenges.

Developing Courage

Action Despite Fear

The path forward isn't eliminating fear, but acting according to spiritual principles despite it. It involves trusting Higher Power support is available and viewing fear as information about growth opportunities.

WORKSHEET

Fear-Based Avoidance Worksheet

Understanding and Overcoming Paralysis

FEAR_MAP

Personalized Fear Map

Identify specific examples of how these patterns manifest in your life.

Catastrophic Thinking

Action Paralysis

Comfort Zone Protection

Spiritual Bypassing

ACTION_PLAN

Courage Action Plan

Identify a primary avoidance pattern and plan concrete steps to address it.

Specific Avoidance Pattern

Impact on Recovery

Action Steps

Timeline

Accountability

COURAGE_SYSTEM

Comprehensive Courage System

Develop ongoing practices to build resilience against fear.

Daily Fear Awareness Practice

Graduated Courage Protocol

Spiritual Courage Practices

Fear Emergency Protocol
