

Beyond Fear

Fear & Trust

Step-Working Guide · The Recovery Files

In this workbook

1. **Beyond Fear** — key ideas, worksheet

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

TOPIC

Beyond Fear

KEY IDEAS

Beyond Fear

Fear-Based Decision Making

This involves making choices primarily to avoid feared outcomes rather than to pursue spiritual direction or positive vision. It's survival-mode thinking that prioritizes safety over growth.

Avoidance-Driven Choices

Defensive Living

Choosing paths that feel safe from feared consequences rather than paths that feel spiritually guided. Prioritizing the avoidance of failure over the pursuit of meaningful opportunity.

Change Paralysis

Trapped in the Known

Remaining in unsatisfying situations because change involves unpredictable outcomes. Choosing known problems over unknown possibilities for improvement.

Security Attachment

Clinging to Safety

Rejecting opportunities for growth that require releasing financial, emotional, or social securities. Prioritizing material or psychological safety over spiritual guidance.

Mistake Prevention

The Perfectionist Trap

Avoiding action when perfect outcomes cannot be guaranteed. Allowing fear of making mistakes to prevent following spiritual guidance or taking beneficial action.

Familiar Suffering Choice

Predictable Pain

Choosing known problems over unknown possibilities. Remaining in painful but familiar circumstances rather than risking unfamiliar growth or uncertain spiritual adventure.

Analysis Paralysis

Thinking Instead of Trusting

Over-analyzing decisions to avoid the uncertainty that comes with trust-based choices. Using endless research and planning to maintain an illusion of control.

WORKSHEET

Fear vs. Trust Decision Mapping

MAP

Mapping Your Decision Fears**Avoidance-Driven Choices**

Example: "I choose jobs to avoid conflict rather than pursue fulfillment..."

Change Paralysis

Example: "I stay in a bad living situation because moving is uncertain..."

Security Attachment

Example: "I turn down creative work because it threatens financial predictability..."

Mistake Prevention

Example: "I avoid dating because I can't guarantee it won't hurt..."

Familiar Suffering Choice

Example: "I stay in toxic family dynamics rather than risk setting boundaries..."

REFLECTION

Understanding Your Decision Profile

Which category affects you most powerfully, and why?

How have your decision making patterns changed in recovery?

What types of decisions trigger your strongest fear?

How does fear-based decision making affect your spiritual growth?

ACTION

Courage Action Plan

Fear Pattern to Address:

Measurable Goal:

Action Steps:

Accountability:

Potential Challenges:
