

Six Steps for Dispelling Fear

From A Course in Miracles

1. Be vigilant for fear

- Watch for all its forms: anxiety, worry, nervousness, apprehension, unease, hesitancy, etc.
- Don't regard "little" thoughts of fear as too trivial to bother with.

2. Know this is fear

*I **know** this is fear.* (Based on T-2.VIII.3:1)

3. Take full responsibility

I chose the fear I am experiencing. (Based on T-21.II.2:3-4)

4. Look calmly at the cause

Have a sense of looking *calmly* at the erroneous belief that's causing your fear. For instance,

- Your belief that the person you fear is unworthy of love
- Your belief that you are not God's perfect Son

You might say to yourself:

*I **must** have willed not to love somehow or somewhere, or the fear could not have happened.* (Based on T-2.IX.11:2)

5. Choose truth (love) instead

Replace your thought of fear with a thought of truth and love, like your Workbook lesson for the day. It's also very useful to have favorite fear-dispelling ideas that you use frequently, such as,

I place the future in the hands of God. (W-194.Heading)

I need no defense because I was created unassailable. (based on W-153.9:1)

Fear is not justified in any form, including this. (Based on W-240.Heading)

Safety is the complete relinquishment of attack. (T-6.IV.6:4)

6. Ask for help

Appeal to Jesus to help you with Step 5:

Jesus, I deny the power of the fear and turn to you.

Help me to replace my fear with love. (Based on T-1.48.13:5)

I pray that my fear be replaced by an active sense of your love. (Based on T-2.IX.14:4)