

Pathwork on
Fear of Self-Responsibility

This quote from Pathwork Lecture 131 *Interaction Between Expression and Impression*, speaks to Fear of Self-Responsibility. The Lecture suggests that we “Let our Fruit Die on the Vine” out of fear of harvesting it so it can manifest and nourish others.

36	QUESTION: What you have just expressed perfectly fits the stage where I am at present, the stage with which we are concerned in my private work. I have a feeling that I have a fear of self-responsibility. Is that true?
37	ANSWER: Yes, indeed. This fits the phase many of my friends are in now. In your case, as you very correctly surmise, there is a great fear of self-responsibility. The fear is, of course, completely unjustified. It may help you if I show the following: Because you are afraid of self-responsibility, you are constantly dependent on circumstances outside your control. Therefore you feel helpless. You feel like a straw in the wind, having no power over life and circumstances. That much you know. But in order to understand this a little better, it is important to feel a resonance to what I said this evening. You are so afraid to acknowledge the highest source of all, the key to all beauty, because you feel this would somehow mean to be wrongly proud. You fear that the mere consideration of such a possibility would infer overestimation of yourself, giving yourself airs that you do not deserve. The possibility that you can harbor such powers within might mean gross overvaluation. This you fear. In order to be a good, obedient child, you negate this possibility. You are afraid of the pride for which you may be punished, as well as the disappointment. You do not take a chance of being disappointed and, therefore, you cannot find the truth of it. Does that ring a bell? [Yes. It helps me.]
38	Perhaps you can now approach this problem with a new understanding. Ask yourself: "Am I willing to take a chance? I cannot be worse off than I am now. I do not need unjustified hope. Even if my doubts -- that I do not have these powers and this source within me -- should be justified, it is better to know and go on from there, than constantly to keep this possibility dangling as a theory I do not ever dare explore." In other words, commit yourself honestly to the problem of your doubting. As long as you doubt and do not give the positive side a chance, you do not honestly commit yourself to the problem. How can a problem be resolved, or dissolved, if one does not give it every chance through a full commitment to it? The full, honest commitment is in testing it again and again. Such fair testing cannot be terminated the day after tomorrow because too many misconceptions and false fears clog up the channel. Giving a full chance means deliberately reaching inside to contact the source for the immediate purpose of this Pathwork, of self-realization, of creative living. Honest testing means an attitude of "I give the possibility every chance." It does not say no to it before such a chance is extended, in the false assumption that disappointment will then hurt less. Apart from the fact that this is not so, disappointment is unavoidable when you deny before openheartedly trying.

39	<p>You, and so many people, are constantly in negativity because they do not dare to find out, once and for all, "Is it positive or negative? Is it true or not true?" They negate before they find a true basis for accepting because they are so afraid their acceptance may prove disappointing. This is a very general situation. Have the courage to assume the possibility of a positive alternative.</p>