

**How II Big Book**  
**Step Workshop**

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## How II Big Book Step Workshop

“We, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics precisely how we have recovered is the main purpose of this book.”

Forward to the First Edition of Alcoholics Anonymous

“There is a solution. Almost none of us liked the self-searching, the leveling of our pride, the confession of our shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it.”

Page 25

“Lack of power, that is our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously, But where and how were we to find this Power?

Well, that’s exactly what this book is about.”

Page 45

All page numbers refer to the 3<sup>rd</sup> Edition of the Big Book of Alcoholics Anonymous

Step 1, 2, 3...  
A DECISION MAKING PROCESS

This outline is a way (not the only way) to use the Big Book of Alcoholics Anonymous. It can be used in conjunction with the process of the steps as well as a way to resolve problems.

Practicing admitting honestly where you are, evaluating your own experience, or others' and checking your beliefs is a practical way of using the "TOOLS" of Alcoholics Anonymous. Applying honesty, open-mindedness and willingness will give you many diverse ways of using Steps 1, 2, 3.

### Step 1 (first half) "We admitted we were powerless over alcohol....."

Assignment: Read from the beginning of the Big Book (including prefaces & Doctor's Opinion up to page 43.

Alcoholics: Consider whether you are or are not powerless over alcohol (or drugs if you have a dual problem). As you read consider the different times when you felt you had control and what the results were.

Alanons: Consider when you felt you could stop another person from drinking. As you read consider the episodes and attempts to control the outcome. Results?

### Step 1 (second half) "....that our lives had become unmanageable."

Assignment: Read Chapter 4 "We Agnostics" up to page 52, paragraph 2, "We had to ask ourselves....."

This paragraph can be used as a tool to help us take an open and honest look at our lives in specific areas, both situations and emotions. Here are some questions which might be helpful:

1. Where did I manipulate or control (manage) personal relationships?  
Results?
2. What happens when I control my emotions? Results?
3. What happened when I became depressed? How did I handle (manage) it?
4. Where did I manipulate or try to control my working environment? The people around me? When I tried to force the results (manage)?
5. How did I deal with (manage) the feelings of uselessness?
6. How did I do when I felt fear? Did I ignore it? Stuff it (control it)?
7. What happen when I tried to help (control, manipulate) someone? How did I feel when they wouldn't listen? How did I handle (manage) that?

Is there a pattern to my managing, controlling, manipulating? Is it progressive?

On the other hand what happens when I faced, admitted, accepted the situation or feelings HONESTLY, OPENLY? (blind faith, faith in God)

Questions like these can be applied to any area of our life (spirituality, sex, family, etc.) which open our eyes to see the results of self-management.

Then the ultimate question: "But I don't, who will?" (page 45, Big Book) "We had to find a power by which we could live, and it had to be a power greater than ourselves."

## Step 2

"Came to believe that a Power greater than ourselves could  
restore us to sanity"

Assignment: Read to the end of Chapter 4, "We Agnostics".

Consider the same areas viewed in the second half of Step 1 (Page 52, paragraph2)

Where were the difficulties?

Can I believe (hope) God (a power greater than myself) has the power to guide my thinking? (Sanity = Sound thinking)

Am I willing?

Consider the pros and cons by your own experience or the experience of others you have seen that have used the spiritual program of A.A.

The following sample worksheet can be useful in taking a clear look at steps #1 & #2

Life Areas *	Results **	Do I believe? *** Am I willing?
Personal Relationships Mom Dad Brother Sister Co-worker Girlfriend A Girlfriend B Boyfriend A Boyfriend B Myself Etc.  Feelings Depression Fear Misery Happiness Etc.  Helping others		

\* Paragraph #2, page 52, Alcoholics Anonymous Big Book or other living areas, i.e. spirituality, sex, family, etc.

\*\* “What are the results when I try to make things happen the way I want them to happen (manage, manipulate, etc.)”

\*\*\* “Do I believe or I am I willing to believe a Power greater than myself can guide my thinking in these situations. Am I willing to turn these over?”

This worksheet is a sample and might be used as an aid in looking at things more clearly and making a decision.

### Step 3

"Made a decision to turn our will and our lives over to the care of  
God as we understood Him. "

When steps #1 and #2 are thoroughly considered review chapter 5 "How it Works" up to the last paragraph on page 63. It is suggested that this be done by reading and sharing these pages with another person, including the third step prayer on page 63.

Definition:            Convinced, persuaded by argument or evidence.

This means that based on the evidence gathered insteps #1 & #2 The Facts, we are ready to make the decision. This does not necessarily mean we feel like taking Step #3 (our old selves still want to put up a fight.)



## Step #4

### "Made a searching and fearless moral inventory of ourselves"

#### Why?

"Though our decision was a vital and crucial step" (3<sup>rd</sup>), "it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom." (Page 64)

"It is plain that a life which includes deep resentments leads only to futility and unhappiness." (Page 66)

"If we are not sorry and our conduct continues to harm others, we are quite sure to drink. We are not theorizing!" (Page 70)

#### What do I gain?

"A new attitude, a new relationship with our Creator, and to discover the obstacles in our path." (Page 72)

## Step #4

### Resentment Inventory- First Part

Reading Assignment: Read from the last paragraph on page 63 to the last paragraph on page 65.

Suggested Aids: Spiral notebook, dictionary, Big Book & Sponsor

The hardest part of writing an inventory is putting down the first word. Our mind tends to try and figure it all out before we even write. In fact it is in the writing that the nature of our ways unfolds as we have not been able to see before.

#### Some Helpful Suggestions

1. In using the spiral notebook, write the first three columns on the left hand page only leaving the right hand page blank. Write only one or two resentments per page and continue on to the next left hand page.
2. Ask for God's help each time you sit down to write. "God help me to remember to be honest and to have courage."
3. Each cause should be a separate resentment. One person may be listed more than once. You may miss something important if you try to combine more than one thing.
  - a. Example: My Wife Causes-
    - 1) never cleans the house
    - 2) Is always late
    - 3) I do not trust her
    - 4) Etc.

These can be listed as separate resentments. When writing the cause – keep it simple! When you include justification, who is to blame, etc., it only uses more paper. (See examples)

4. In the third column consider how each area is affected (see examples). Don't always accept the one quick, simple answer. It may be covering something important to your freedom.
5. Don't rush! Try to concentrate on just that column or part of that column. It is thoroughness that counts, not speed!
6. After writing several resentments, you may want to review a couple of them with your sponsor to see if you are getting the most out of your effort.
7. Remember! It is in doing the writing that things will come clear!
8. Attached are examples of what a thorough inventory could look like for the first three columns

## Resentment Inventory - First Part

The following examples are from an actual person's inventory. They are that persons words for their thoughts and feelings. Use your own words! This is only to show technique. As we change and grow, what we see and understand will be different.

### Helpful Definitions

Resentment: the feeling of displeasure or indignation at some act, remark or person  
 From "resenter" to re- sense  
 Threaten: Symptom: endanger  
 Affects: to impress the mind or move the feelings  
 Self esteem: favorable impression of ones self  
 Security: something that makes you safe; protection; defense  
 Ambition: an earnest desire for some type of achievement or distinction

***"God help me to be honest, to remember; grant me courage"***

I'm resentful at	The Cause	Affects my
Wife	Whenever I care for someone I always get hurt. She lied and cheated on me.	<u>Self esteem:</u> wasn't I good enough? (fear) <u>Security:</u> It never works <u>Ambitions:</u> to be a husband to be a man <u>Relationships/sex:</u> impersonal because it will hurt (fear) <u>Pride (ego):</u> But I'm pretty damn good
Friend A	I helped him with his business and he treated me like nobody.	<u>Self esteem:</u> (pride) I'm better than that – I deserve credit <u>Security:</u> in helping people <u>Ambitions:</u> to be respected <u>Relationships/personal:</u> I expect something in return

I'm resentful at	The Cause	Affects my
Myself	I'm afraid of intimate relationships. I keep my guard up to keep from getting hurt.	<u>Self esteem:</u> am I worthwhile, OK (fear) <u>Security:</u> can't get to close, keep moving make a lot of friends <u>Ambitions:</u> just to be OK <u>Relationships/personal:</u> its hard to let go <u>Pride (ego):</u> of course I'm OK
My School	They didn't seem to really care	<u>Self esteem:</u> discipline rather than love <u>Security:</u> had to have good grades <u>Ambitions:</u> to be the best – to have fun <u>Relationships/personal:</u> just like other kids trying to be good didn't really have any friends
Responsibility	I don't like the pressure or expectations from others	<u>Self esteem:</u> I might fail (fear) <u>Security:</u> I'll loose friends <u>Ambitions:</u> I do like helping, organizing <u>Relationships/personal:</u> expectations
Acceptance	It's like going nowhere, nothing will get done, standing still	<u>Self esteem:</u> shouldn't I be doing something worthwhile <u>Security:</u> if I stand still I'm in trouble (fear) <u>Ambitions:</u> to be somebody <u>Relationships/personal:</u> hard to slow down and enjoy <u>Relationships/sex:</u> shouldn't I be making it as good as possible

## Step Four

### Resentment Inventory - 2<sup>nd</sup> Part

Reading Assignment: Read from page 65, starting at the bottom of the page “He went back...” through page 67 third paragraphs “Referring to our list again...”

What has been written so far are the facts about the way we react, the “buttons” that get pushed and what happens. Even though we have been aware of some of them and have been able to make some adjustments from time to time, the results are short lived and we can’t seem to stop it. (“...the worse matters got...” page 66) People, institutions, etcetera push our buttons; we react – they have power over us.

If we want to change this, the first thing we have to do is to “let go” of the people, etcetera, that wrong us. (1<sup>st</sup> column) To do this “We ask God’s help” (page 67) Now we are ready to look at our human characteristics that have gone astray. We are ready to take personal responsibility. (Definition – blame: to place responsibility) for our part, “though a situation had not been entirely our fault.” (Page 67)

When we reach this point we are ready to start writing again. This will be done on the right hand page, opposite each resentment. This will be the fourth column, (“admitting our wrongs honestly”, page 67), and the fifth column (“were willing to set matters straight” page 67). The fifth column will be used in steps 8&9.

In the fourth column we write “where had we been selfish, dishonest, self-seeking and frightened?” (page 67). Look at each area carefully. These are the human characteristics, the obstacles in our path that keep us from living freely and happily (see examples)

Reread suggestions #5 and #6 from Part I of Resentment Inventory.  
Remember it is in doing the writing that things will become clear:

#### Some helpful definitions:

Selfish:	Something I want to keep to or for myself (money, people, thinking, feelings, and etcetera)
Dishonest:	Lying, stealing. Not being honest with myself or others (about situations, thinking, feelings, etcetera)
Self-seeking:	Wanting or expecting something to go my way. Doing something and wanting or expecting something in return

The examples shown are from a person’s actual inventory. They are that person’s words for their thoughts and feelings. Use your own words! This is only to show technique. As we change and grow what we see and understand will be different.

***"God help me to be honest, to remember; grant me courage"***

I'm resentful at	The Cause	Affects my	Character Defects	Amends
Wife	Whenever I care for someone I always get hurt. She lied and cheated on me.	<u>Self esteem:</u> wasn't I good enough? (fear) <u>Security:</u> It never works <u>Ambitions:</u> to be a husband to be a man <u>Relationships/sex:</u> impersonal because it will hurt (fear) <u>Pride (ego):</u> But I'm pretty damn good	<u>Selfish:</u> I wanted to keep her so I put up with her stuff. I normally wouldn't <u>Dishonest:</u> wasn't willing to look at the truth <u>Inconsiderate:</u> wasn't willing to look at her feelings (intolerant) <u>False Pride:</u> Built myself up and put her down <u>Self seeking:</u> it was OK for me but not for her (self righteous) <u>Manipulate:</u> made her feel bad, guilty, to get my way <u>Anger:</u> to get even <u>Frightened:</u> Wasn't I good enough? Wasn't I as good as...? Competitive	
Friend A	I helped him with his business and he treated me like nobody.	<u>Self esteem:</u> (pride) I'm better than that – I deserve credit <u>Security:</u> in helping people <u>Ambitions:</u> to be respected <u>Relationships/personal:</u> I expect something in return	<u>Selfish:</u> With my knowledge, experience, egocentric, self-righteous. Inconsiderate of his feelings. Intolerant of his feelings. Judgmental of his feelings. <u>Dishonest:</u> I played the good guy and then bad mouthed him. <u>Self-seeking:</u> I deserve something in return; I want to prove that I'm better. <u>Frightened:</u> Am I not good enough to get a little respect?	

I'm resentful at	The Cause	Affects my	Character Defects	Amends
Myself	I'm afraid of intimate relationships. I keep my guard up to keep from getting hurt.	<u>Self-Esteem</u> : "Am I worthwhile, OK?" (fear) <u>Security</u> : Can't get too close, keep moving, make a lot of friends. <u>Ambitions</u> : "Just to be OK" <u>Relationships/personal</u> : "It's hard to let go." <u>Pride (Ego)</u> : "Of course I'm OK."	<u>Selfish</u> : Keeping me to me. Judgmental – I judge myself either less than or more than. <u>Dishonest</u> : Not being honest about me, what I think, feel. False-Pride – "Of course I'm OK!" <u>Self-seeking</u> : If I act a certain way I'll get .... People Pleasing. <u>Frightened</u> : Am I OK? Can I be free?	
My School	They didn't seem to really care.	<u>Self-Esteem</u> : Discipline rather than love. <u>Security</u> : Had to have "good" grades. <u>Ambitions</u> : To be the best – to have fun. <u>Relationships/personal</u> : Just like other kids trying to be "good". Didn't really have any friends.	<u>Selfish</u> : I wanted to be perfect. I could have anything, even love. <u>Dishonest</u> : I couldn't admit a mistake. <u>Self-seeking</u> : I'm smarter, I couldn't make a mistake. Brains seemed to be all that counted. Egocentric, self-righteous, judgmental, inconsiderate, envy. <u>Frightened</u> : Of what a person is supposed to be, I don't know. Not being able to love a person.	

I'm resentful at	The Cause	Affects my	Character Defects	Amends
Responsibility	I don't like the pressure or expectations from others.	<u>Self-esteem</u> : "I might fail." <u>Security</u> : "I'll lose friends" <u>Ambitions</u> : "I do like helping, organizing" <u>Relationships/personal</u> : expectations	<u>Selfish</u> : Egocentric – I'm supposed to be great. I want to be without responsibility. False-Pride – Irresponsible – Self-righteous – Competitive – <u>Dishonest</u> : I blow it out of proportion <u>Self-Seeking</u> : I do things so people think I am..... Manipulate – I try to get others to do it & I take credit. <u>Frightened</u> : Of failing People might not like me.	
Acceptance	It's like going nowhere; nothing will get done, standing still.	<u>Self-esteem</u> : "Shouldn't I be doing something worthwhile?" <u>Security</u> : "If I stand still I'm in trouble." (fear) <u>Ambitions</u> : To be somebody <u>Relationships/personal</u> : hard to slow down & enjoy <u>Relationships/Sex</u> : "shouldn't I be making it as good as possible?"	<u>Selfish</u> : With myself- moving too fast to let people know me. Intolerant – of myself Judgmental – of myself Egocentric, self-righteous, to be better than.... <u>Dishonest</u> : Letting people know me. False-pride – I'm better than, not looking at myself, moving too fast <u>Self-Seeking</u> : giving with expectations. Inconsiderate – of myself & others. <u>Frightened</u> : If I slow down, I'll slip. People won't like me.	



I'm resentful at	The Cause	Affects my	Character Defects	Amends
People with domineering personalities	They always tell me what to do, try make my decisions for me.	<u>Self-Esteem</u> : I withdraw, I feel intimidated (fear) <u>Security</u> : They are right, I'll lose friends. <u>Ambitions</u> : To be an open and honest person. <u>Personal Relationships/Sex</u> : Why do I always have to give in?	<u>Selfish</u> : Keep to myself. Pride. Arrogant. <u>Dishonest</u> : Bury my feelings and thoughts as if they are not important. Phony. <u>Self-Seeking</u> : Let them do it then I don't have to. No courage or self-confidence. <u>Frightened</u> : Of not being accepted, rejection, of hurting another person.	
Alcohol	The way it affects people & in turn has effected my life.	<u>Everything about self</u> : Self-esteem, Self-worth, Self-confidence. <u>Security</u> : I lost trust & faith. <u>Ambitions</u> : To become a self-confident & worthwhile person. <u>Relationships/Personal</u> : I suffered in silence. No one cares or understands. <u>Relationships/Sex</u> : Embarrassed to talk about it. Misused it.	<u>Selfish</u> : Don't come forward or volunteer, self-centered. <u>Dishonest</u> : In thinking I'm not important or worthwhile. Denial, Self-pity. <u>Self-Seeking</u> : I deserve better than this. Expectation of myself and others. Perfection. <u>Frightened</u> : Of love; finding out who I am.	

I also took words like jealousy, control, etc. and wrote out what it did to me, and how it affected me.

THESE EXAMPLES ARE FROM AN ALANON'S INVENTORY.

### **Helpful hints and names of character defects from 4<sup>th</sup> column**

Selfish	Over concerned with one's own interests, etc. and having little concern for others.
Anger	Hostile feelings because of opposition; a hurt.
Pride	An over high opinion of oneself; arrogance.
Ego	The individual as aware of himself; the self.
Self Righteous	Righteous, moral, etc. in one's own opinion.
Judgmental	To criticize or censure; an opinion.
Competitive	To be a rivalry; a contest.
Jealous	Resentfully suspicious of rivalry; resentfully envious.
Procrastinate	Lazy; to put off doing something until later.
Lust	Excessive sexual desire; to feel an intense desire.
Dishonest	Not to be trusted.
Dishonest by Omission	Failure to include; not telling the whole truth
Fear	Anxiety caused by real or possible danger, pain, etc...
Self-seeking	One who seeks mainly to further his own interest.
Sloth	Laziness; disinclination to work or exert oneself.
Spiritual Pride	An over high opinion of one's knowledge of God.
Intellectual Pride	An over high opinion of one's own self knowledge.
Self-Pity	Sorrow for one's suffering or misfortune.
Arrogant	Full of or due to pride.
Undependable	Unreliable for support or aid.
Conceit	An exaggerated opinion of oneself.
Irresponsible	Avoiding obligation or duties.
Disrespectful	Not to feel or show honor or esteem.
Possessive	To gain control over; to have as belonging to one.
Intolerant	Unwilling to tolerate other's beliefs.

### **Names of character defects (continued)**

Hatred	Strong dislike or ill will
Undisciplined	Lacking self-control, efficiency; disorderly conduct
Inconsiderate	Thoughtless; without thought or consideration; not having regard for others and their feelings
Self-Centered	Concerned only with one's own affairs
Indifference	Of no importance; unconcerned
Neglect	To ignore or disregard; to leave undone; lack of proper care.
Insincerity	Deceptive or hypocritical
Unreliable	Not trustworthy or dependable
Rude	Discourteous; unskillful; rough
Harsh	Offensive to the mind or feelings
Disorganized	Throw into confusion
Insensitive	Not responsive
Deceptive	Misleading; a lie; dishonest action
Envy	Desire for something that another has
Untrustworthy	Not worthy of trust; doubt
Suspicious	To believe to be guilty; distrust
Distrust	Lack of trust; doubt
Unfaithful	Adulterous; lacking or breaking faith or loyalty
Cheat	A fraud, swindle; to be dishonest or deceitful; sexually unfaithful
Stole	To have taken dishonestly; to have been a thief; to gain slyly
Prejudice	A preconceived, usually unfavorable idea; an opinion held in disregard of facts that contradict it; bias; intolerance of hatred of other races.
Impatient	Lacking patience; annoyed because of delay; opposition; restlessly eager to do something
Insecure	Not safe; feeling anxiety; not firm or dependable

## **Step Four**

### **Fear inventory**

**Assignment:** Read from the bottom of page 67, “Notice the word ‘fear’”, to the end of the third paragraph on page 68, “at once we commence to outgrow fear.”

The Fear inventory can be written in columns also. Put two columns on the left hand side of a spiral notebook heading them “What is the Fear” & “Why do I have this Fear”. On the right hand side put columns, “Self-reliance” & “God reliance”. (See examples)

#### **First & Second Columns**

The key in finding where fear comes from is in the question “Why we had them?” When we take what the fear is from the third and fourth columns of our resentment inventory (and other fears we may have that we have not listed) we then ask why we have the fear, not what the facts are, but why the fear. Each time we get an answer, we ask again, why the fear of that, until we can see that it is based on our thinking, our past experiences, rather than new input and faith.

Consciously or sub-consciously our minds say things like this: “Well, you’ve always gotten hurt, you will again!” or “You’ve always messed up, you will again.” Of course we’re afraid; we’re relying on our own old ideas! We keep asking “why” until we see it is coming from us; we’re creating our own fear.

#### **Third Column**

Within the third column, “Self-reliance”, check off when you can see in the second column you are relying on your own thinking or judgment base on your own past experience.

Fear is an emotion of self-centeredness. We think (project) we’ll lose something we have or we think we won’t get what we want. When this happens an fear is left unchecked, we tend to activate more character faults to cover ourselves (see examples). Although sometimes automatic, this is a choice of the will. Also, within the third column when you can identify the character faults that are activated as a result of unchecked fear, you can list them. This will give you a more complete picture of “self-reliance”.

When we can see these things we have a choice to make; self-reliance or God-reliance.

#### **Fourth Column**

“We ask him to remove our fear”, (and character defects), “and direct our attention to what He would have us to be.” (page 68, third paragraph).

This can be done at this point in the inventory. Waiting to do a fifth step is not necessary!

**REMEMBER! It is in doing the writing that things will become clear!**

The examples shown are from a person's actual inventory. They are that person's words for their thoughts and feelings. Use your own words! This is only to show technique. As we change and grow what we see and understand will be different.

## FEAR

What is the Fear?	Why do I have this Fear?	Self Reliance?		God Reliance?
Of making commitments	I'm not sure I'm making the right decision. <i>(WHY would I have the fear of above?)</i>	Where am I?  *	I become (unchecked fear)	"God, remove my fear and help me be..." Understanding Wisdom Faith Love Charity Courage Patience
	I might screw things up <i>(WHY would I have the fear of above?)</i>	*	Self-centered False pride Judgmental Anger Dishonest Envy	
	I might make the wrong decision and get hurt. <i>(WHY would I have the fear of above?)</i>	*		
	It always happens, my historical pattern.			

\* Indicates where I see me relying only on my thinking, judgment, past experience, etc

## FEAR

What is the Fear?	Why do I have this Fear?	Self Reliance?		God Reliance?
Not being able to pay bills.	I'll lose my house, business, etc. <i>(WHY would I have the fear of above?)</i>	Where am I?	(unchecked fear)	
	I like it; I'm comfortable. <i>(WHY would I have the fear of not having the above?)</i>	*	Selfish Self-seeking Doubt Worry Dishonest Ego Self-righteous Ungrateful Greed	“God, remove my fear and help me be...” Faith Love Honesty Grateful Other-centered
	I like the appearance of “doing OK for myself” <i>(WHY would I have the fear of not having the above?)</i>			
	Trusting God <i>(WHY would I have the fear of above?)</i>			
	His will maybe that I not have these things <i>(WHY would I have the fear of above?)</i>	*		
	His will might not be the same as mine!			

\* Indicates where I see me relying only on my thinking, judgment, past experience, etc.

## FEAR

What is the Fear?	Why do I have this Fear?	Self Reliance?		God Reliance?
Not being liked.	<p>Parts of me aren't very likable. (WHY would I have the fear of above?)</p> <p>Left to my own ways, these things will always show up and hurt me, they always come through.</p>	<p>Where am I?</p> <p style="text-align: center;">*</p>	<p>(Unchecked Fear)</p> <p>Selfish Self-centered False Pride Intolerant Dishonest Manipulative Envy Greed Judgmental</p>	<p>"God, remove my fear and help me be..."</p> <p>Truth Patience Love Tolerance Courage Understanding Faith Wisdom Strength</p>

\* Indicates where I see me relying only on my thinking, judgment, past experience, etc.

**REMEMBER! It is in doing the writing that things will become clear!**

## **Step Four**

### **Sex Inventory**

**Assignment:** Read from the bottom of page 68, “Now about sex...” through the second paragraph on page 70, “...would mean heartache.”

The Sex Inventory is divided into two parts:

1. On page 69 in the paragraph starting, “We reviewed...” there are nine questions regarding our past behavior. These questions can be answered in columns horizontally or vertically on a sheet of paper. (See examples) A thorough look at our own behavior will make use aware of our own conduct that has been destructive in our relationships. This is primarily a look at our character defects and the way we manipulate.
2. After getting “this down on paper...” (page 69) we establish a direction, “sane and sound ideal”, for our future sex life. Writing this out also seems to be helpful. We should be “willing to grow toward it”, with God’s help. We don’t want to set ourselves up for perfection, we need to grow. Through continued self-appraisal of our conduct (no condemnation) and God’s help we grow with experience. (page 70)

**REMEMBER! It is in doing the writing that things will become clear!**

The following examples are from a person’s actual inventory. They are that person’s words for their thoughts and feelings. Use your own words! This is only to show technique. As we change and grow what we see and understand will be different.



## **Sex inventory examples**

Name

**Where had I been.....**

- |                      |  |
|----------------------|--|
| <b>Selfish</b>       | <ul style="list-style-type: none"><li>- I always wanted my way, style, convenience, etc.</li><li>- The feelings scared me so I blocked them and used her.</li><li>- Rather than risk changing the relationship, I kept going because I could control it.</li></ul>                 |
| <b>Dishonest</b>     | <ul style="list-style-type: none"><li>- I wasn't honest about my feelings, even if I disliked what was going on.</li><li>- I would always cover up so I would get my way.</li><li>- I'd put her down or build her up, depending on who I was talking to, for my benefit.</li></ul> |
| <b>Inconsiderate</b> | <ul style="list-style-type: none"><li>- I rarely considered her feelings, just myself and what I wanted.</li><li>- Inconsiderate of my feelings, put up with stuff rather than risk change for the better (fear).</li></ul>  |

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**Who I hurt**

**Her, me, mutual friends A, B, C**

---

**Where did I unjustifiably arouse.....**

- |                   |   |
|-------------------|---|
| <b>Jealousy</b>   | <ul style="list-style-type: none"><li>- I used jealousy to keep her away and to keep her close.</li><li>- I told her things I did (misused honesty) to show her how wanted I was.</li><li>- To open the door so I could run (fear); maybe she'd get fed up and leave.</li></ul> |
| <b>Suspicion</b>  | <ul style="list-style-type: none"><li>- I'd use suspicion to keep her guessing; to question her thinking so I could implant my ideas.</li><li>- To create doubt and guilt.</li><li>- To lead her on.</li></ul>  |
| <b>Bitterness</b> | <ul style="list-style-type: none"><li>- Cause an argument so I could get drunk and do what I want.</li><li>- When I want to punish her when I didn't get my way.</li><li>- If I got her mad, maybe she'd make a decision and I wouldn't have to.</li></ul>                      |

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**Where was I at fault?**

- In addition to the above, knowing I wasn't truthful. Constantly manipulating. Taking the easy way out. Afraid.

---

**What should I have done, (or do), instead?**

- I've tried but my selfishness and fear have stopped me.
- I need God's help! To remove my fear, selfishness, self-centeredness, false pride, dishonesty. To learn and grow in relationships. To help me be honest, considerate, understanding, loving, forgiving.
- Talk to my sponsor.

## **Fourth Step**

### **Finish**

**Assignment:**

Read from page 70, paragraph 3, “If we have been thorough about our....” through the first paragraph, page 72, Chapter 6.

## **Step Five**

### **"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."**

**Assignment:** Read page 72, Chapter 6 through the second paragraph on page 75 ending "Spirit of the Universe..."

These pages explain:

1. The necessity of doing the 5<sup>th</sup> Step.
2. The selection of a person.
3. The procedure: explain to the person why and to tell ALL (everything written and what may come to mind while doing a 5<sup>th</sup>).
4. 5<sup>th</sup> Step promises.

## **Steps 6 and 7**

(Immediately following #5)

### **#6 - "Were entirely ready to have God remove all these defects of character"**

**Assignment:** Read page 75, bottom paragraph starting, "returning home" to page 76, first paragraph ending, "help us be willing". Follow instructions given.

### **#7 - "Humbly asked Him to remove our shortcomings"**

**Assignment:** Read and say the prayer – second paragraph, page 76.

If we have identified our nature or character(istics) and understand that to try to change them on our own power is "futile and fatal" and if we are willing to have these removed\*, we ask a Power greater than us, God.

\* **Remove:** To move from a place or position.

Based upon willingness and choice, it appears the power within us is moved from self to God-centered; i.e. inconsiderate shifted to considerate, self-centered shifted to other-centered, judgmental shifted to understanding, etc.

Notice in the 7<sup>th</sup> Step prayer it says "which stands in the way of my usefulness to You and my fellow". This change in character seems to be proportionate to the amount of service work that is done. This is only a beginning which requires practice.

## Steps 8 and 9

**Step 8**      **"Made a list of all persons we had harmed and became willing to make amends to them all"**

**Step 9**      **"Made direct amends to such people wherever possible, except when to do so would injure them or others"**

**Assignment:**      Read from the 3<sup>rd</sup> paragraph, page 76, starting with, "Now we need more action..." through the 2<sup>nd</sup> paragraph on page 84 ending with "they will always materialize if we work for them" (The Promises).

Next to the 4<sup>th</sup> column of our resentment inventory, in a fifth column, we can check off the things (in the 4<sup>th</sup> column) that caused harm; also from the sex inventory "whom did I hurt?" & "Where was I at fault?" This is the "list" and the matters we have to set straight. We don't have to go into all the explicit details of what we've written, just what caused harm.

**Definition:** Harm; Injury; wrong or injustice done or suffered.

### **Why Do We Need Amends?**

1. "Our real purpose is to fit ourselves to be of maximum service of God and the people about us." (page 77)
2. "Remember it was agreed at the beginning we would go to any length for victory over alcohol." (page 76) Don't let up your efforts here! You'll sell yourself short on the ultimate promise of a life that is happy, joyous and free!
3. "Reminding ourselves that we have decided to go to any length to find a spiritual experience," (page 79)

### **How Do We Make Amends?**

These pages give different examples on precisely what to do. Often amends can be confusing because some appear to have special circumstances. It is suggested you consult others (preferably your sponsor or others that have made similar amends), and "ask God to help!"

It has been found to be helpful to outline an amend in written form.

### **The Promises (pages 83-84)**

"We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves."

\*Notice how the above promises are the exact opposite of the problems we have had in the past as described on page 52.

## **Step 10**

**“Continued to take personal inventory and when we were wrong promptly admitted it.”**

**Assignment:** Read from page 84, from “This brings us to Step 10...” through page 84, last paragraph ending “that means more actions.”

These pages have several specific instructions dealing with keeping free of the “obstacles” that keep us blocked from God-consciousness and His Spirit. Sobriety, the ability to live freely and happily, is dependent on our spiritual growth. Practicing the things outlined here and in the next two steps (which are the same principles as the first nine steps) are the things that will insure this.

## **Step 11**

**“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will and the power to carry that out.”**

**Assignment:** Read from the bottom of page 85, “Step Eleven suggests...” through the end of Chapter 6, page 88.

On page 86 in the paragraph starting “When we retire...” there are eleven questions plus instructions.

The paragraph starting “On awakening...” through the end of the chapter are instructions for daily use.

\_\_\_\_\_ the more difficult things, which takes practice, is “PAUSE when agitated or doubtful,....” This is the key to application of this and most of the other steps.

Keeping the Big Book in a handy place at night and in the morning to review and follow these directions (in addition to other spiritual or daily reading material) will help to insure our growth.

## Nightly Inventory

### 11 Questions in the 11<sup>th</sup> Step

1. Where have I been resentful?
2. Where have I been selfish?
3. Where have I been dishonest?
4. Where have I been afraid?
5. Do I owe an apology?
6. Have I kept something to myself that should be discussed with someone at once?
7. Was I kind and loving to all?
8. What could I have done better?
9. Was I thinking of myself most of the time?
10. Was I thinking of what I could do for others?
11. Was I thinking of what I could pack into the stream of life?

\* Ask God's forgiveness and inquire what corrective measures should be taken.

\* These questions are from page 86 in the Big Book of Alcoholics Anonymous.

## Step 12

**"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."**

**Assignment:** Read Chapter 7.

1. "Having had a spiritual awakening as the result of these steps..." is a true or false statement which only you can answer. This statement always proves true when based on, "If we have carefully followed directions." (page 85)
2. This is a good chapter to read from time to time. It has lots of practical suggestions when working with others.

One of the main points in working with others is that helps your own growth. It makes you feel good.

Another important point stressed is when you talk with others, recall what you thought and felt when you were in a similar situation. Talk about your experience from where you were then, NOT from how well you are now. They will see that without any efforts on your part. Whether they do anything about their recovery at the time is not important. This step is about your recovery.

3. Practice! Practice! Practice!

**FROM THE**  
**BIG BOOK**  
**“ALCOHOLICS ANONYMOUS”**

“Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven’t got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you – until then.”

PAGE #164



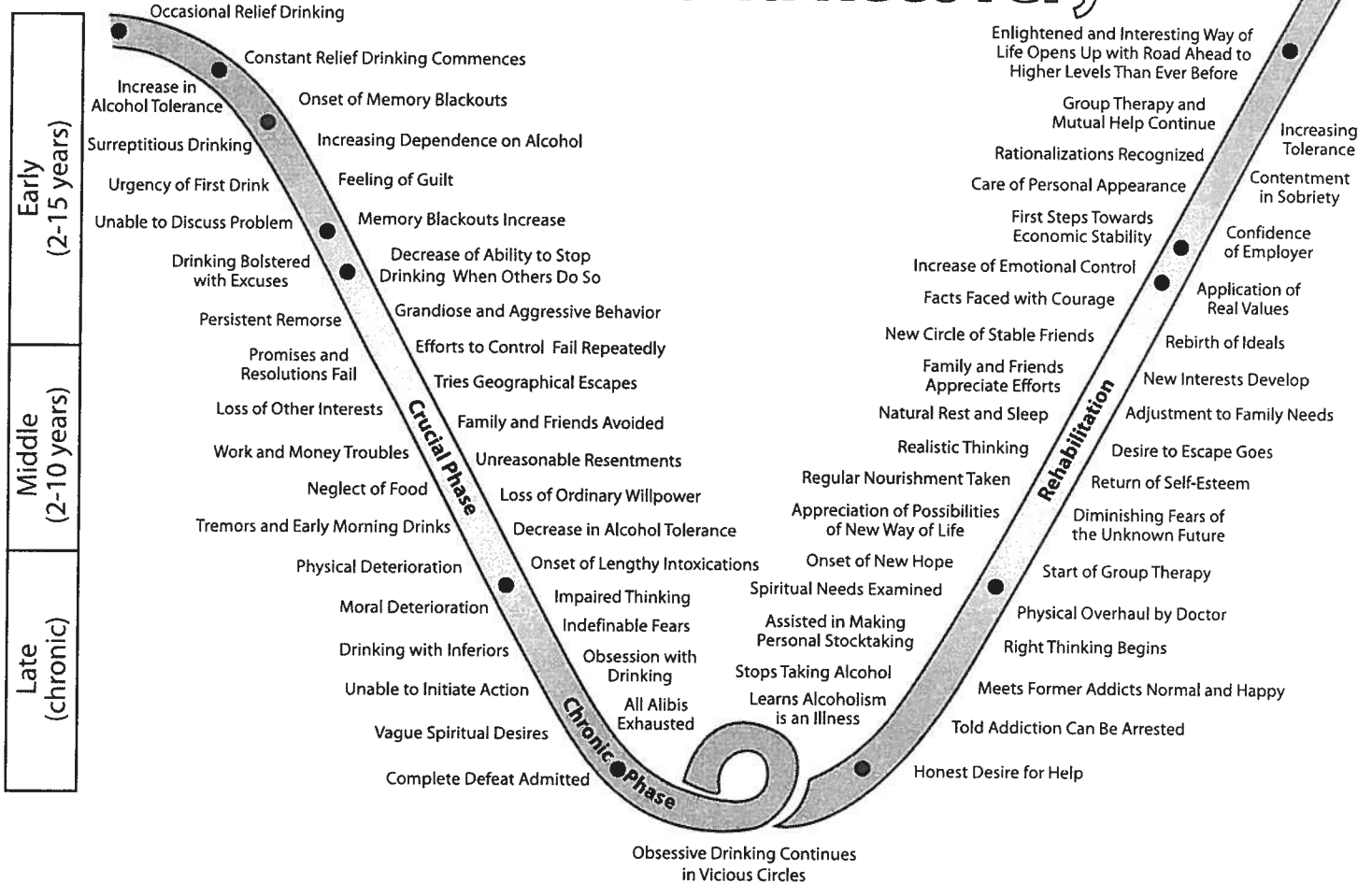
## **GLOSSARY OF WORDS USED IN STEP FOUR AND FIVE**

<b>EXACT</b>	Very accurate, methodical, correct
<b>NATURE</b>	The essential characteristic of a thing
<b>WRONG</b>	Acting, judging, or believing incorrectly
<b>FAULT</b>	Something done wrongly, an error or mistake
<b>MISTAKE</b>	To understand or perceive wrongly
<b>DEFECT</b>	Lack of something necessary for completeness – same as shortcoming
<b>SHORTCOMING</b>	Falling short of what is expected or required – same as defect
<b>SELF-CENTERED</b>	Occupied or concerned only with one's own affairs – same as selfish
<b>SELFISH</b>	Too much concern with one's own welfare or interest and having little or no concern for others – same as self-centered.
<b>SELF-SEEKER</b>	A person who seeks only or mainly to further his own interests
<b>DISHONEST</b>	The act of practice of telling a lie, or of cheating, deceiving, stealing, etc
<b>FEAR</b>	A feeling of anxiety, agitation, uneasiness, apprehension, etc.
<b>FRIGHTENED</b>	A temporary or continual state of fear
<b>INCONSIDERATE</b>	Without thought or consideration of others

You are off the Beam in any of the following Tendencies.

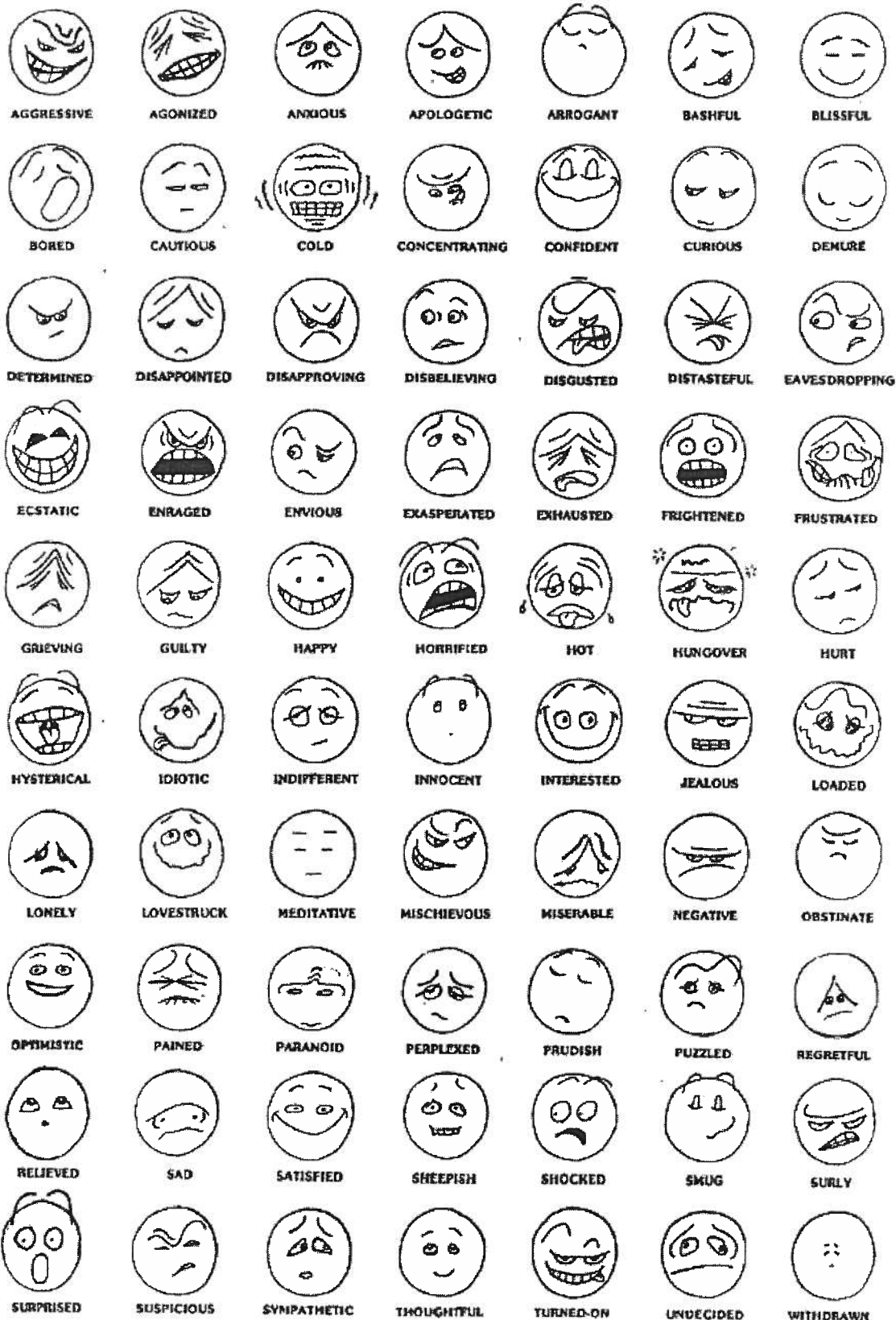
1. When we have forgotten we are alcoholics---we have nervous systems that are incapable of withstanding the narcotic effect of alcohol
2. When complacency lowers our guard and allows resentment and intolerance to creep back into our lives.
3. When we ease up on the practice of honesty, humility, and making amends.
4. When we become cocky over our A.A. success.
5. When we lack interest in new members and feel it inconvenient to help them.
6. When we demand authority or expect praise for our sobriety.
7. When boredom makes an appearance.
8. When we start missing A.A. meetings
9. When we stop studying the A.A. Book

# Addiction and Recovery



# How Do You Feel Today?

## Part I



## The Twelve Steps in Reverse

1. I declare my complete control over alcohol and everything else; and further declare that my life was in perfect order
2. I recognized no power as great as I was; nor any person as smart as I was, and if you don't like it come outside
3. I made a decision to run my life and everyone else's to suit only me and pity those who got into my life.
4. I made a searching and through inventory of my fellow man and found him to be woefully lacking in all respects; nor did I ever hesitate to tell him so.
5. I admitted to no one, including, God and Myself, that there could possibly be anything wrong with my actions or me.
6. I bent every effort toward increasing my defects of character—and did a little drinking besides.
7. I continued my obnoxious arrogant air of asking no one for anything—my Big Eye was for telling, not asking.
8. I kept a complete list of all persons who had harmed me, either real or imaginary, and swore to get even and did a little drinking besides.
9. I got even where possible, except when to do so might injure me.
10. I continued to bitch about everything to everyone and, when I was right, was prompt to admit it and had a little drink.
11. I sought through scheming and conniving to materially improve myself—at the expense of my fellow man. Nor did I ever hesitate, when the opportunity presented itself, to bring disaster and misery to anyone who happened to cross my path.
12. Having had a complete moral, physical, financial and spiritual breakdown, all of my remaining effort was directed toward dragging those near me and dear to me down to these same depths of despair; And I did a little drinking too.

## Basic Instincts of life which create self

### Social Instinct

**Companionship** – wanting to belong or to be accepted

**Prestige** – Wanting to be recognized, or accepted as a leader

**Self-esteem** – What we think of ourselves

**Pride** – An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).

**Personal Relationships** – Our relations with other human beings and the world around us.

**Ambitions** – Our plans to gain acceptance, power, recognition, prestige, etc.

### Security Instinct

**Material** – Wanting money, buildings, property, clothing, etc. in order to be secure in the future.

**Emotional** – Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.

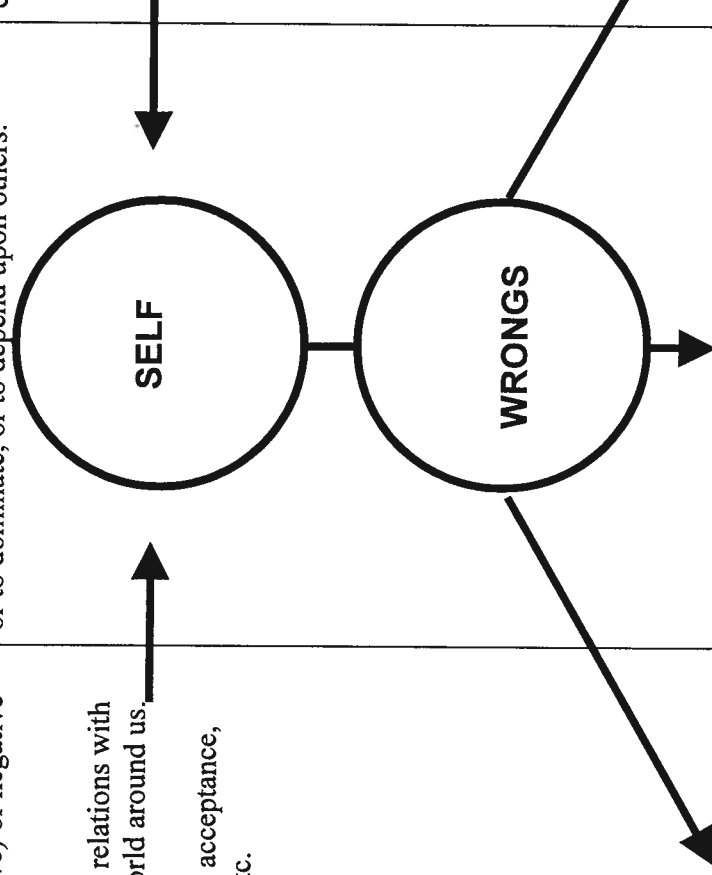
**Ambitions** – Our plans to gain material wealth, or to dominate, or to depend upon others.

### Sex Instinct

**Acceptable** – Our sex lives as accepted by Society, God's principles or Our own principles.

**Hidden** – Our sex lives that are contrary to Society, God's principles or Our own principles.

**Ambitions** – Our plans regarding our sex lives either acceptable or hidden.



### Resentments

Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings of being injured or offended

### Fear

Feelings of anxiety, agitation, uneasiness, apprehension, etc.

### Harms or Hurts

Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and ourselves.

## **GLOSSARY OF WORDS USED IN STEP FOUR AND FIVE**

<b>EXACT</b>	- Very accurate, methodical, correct
<b>NATURE</b>	- The essential characteristic of a thing
<b>WRONG</b>	- Acting, judging, or believing incorrectly
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