

COLUMN ONE AND TWO

STEP FOUR INSTRUCTIONS

“Made a searching and fearless moral inventory of ourselves”

- A) Stop Set Aside Prayer. Use Third Step Prayer morning and night. Ask for help with inventory and truth in the morning, night and before writing with a Prayer like this one taken from the Big Book: (ref. p.64-top¶-L4)

“God please help me face and be rid of the things in myself which have been blocking me from You, other people and myself”

- B) **Column One:** Make a list.
(pg.64-¶3-L7 “We listed people, institutions and principles with whom we were angry”). Pray and write down every name that comes to you that needs to be on the list. Don’t worry about why you were angry till the next column. Don’t go on till the list is finished. You will know when the list is done.
- C) **Column Two:** Make another list like the example below..
Next to each name we ask and list every resentment we have towards each name on the first list (ref. p.64-¶3-L9 “We asked ourselves why we were angry”).
Number each name and letter each resentment. Be as specific and brief as possible. Its only necessary to write enough so you know why you were angry. In this list you can consider if some resentments should be consolidated. Also consider if some aren’t really resentments, mark them to come back to later.

EXAMPLE: (ref. p.65 Big Book example)

Column 1

1) M r. Brown

2) M rs. Jones

3) M y Employer

Column 2

A) His attention to my wife
B) Told my wife of my mistress.
C) Brown may get my job at the office

A) She’s a nut—she snubbed me
B) She committed her husband for drinking.
He’s my friend.
C) She’s a gossip.

A) Unreasonable—Unjust—Overbearing—
Threatens to fire me for drinking and
padding my expense account.

THIRD COLUMN

INSTRUCTIONS

- 1) **Read** Big Book from p.64-¶3-L9 to p.66-¶2 “*these things are poison.*” then stop.
- 2) **Writing Third Column:** See Inventory template on next page for a guide while writing.
 - a) **Write a Prayer** at the top of the page like: “God please enable me to see the Truth”
 - b) **Column One:** Put the first number and name of your resentment on the page.
Column Two: Then the first letter and cause of the resentment.
 - c) **Column Three:**
 - Consider each of the seven areas of self and write in sentence form how you were affected. Did it hurt, threaten or interfere with you. (ref. p.65-¶3-L3 “*we considered it carefully*”). No “*I think...*” or “*I feel...*” here.
 - Bracket your (Fears) next to every Third Column sentence as you write. Allow the Third Column to reveal your fears to you (ref. p.67-¶3 “*Notice the word fear is bracketed alongside the difficulties.*” also see example on p.65).

Explanation: High self-esteem is not a bad thing. If you truly had low self-esteem when the person in Column One did Column Two you wouldn't have been resentful at them. You would have believed you got what you deserved. You will experience your difficulties in these areas while writing from a point of high self-esteem. This takes some practice and seeing the fears bracketed alongside to understand.

Example of Columns 1,2 & 3

“God please enable me to see the truth”

| | | |
|--------------------|---|----------------------------------|
| 1) Mr. Brown | A) His attention to my wife | Fear of being... |
| Self esteem | - <u>I am the best husband</u> my wife could have <u>I am a man that shouldn't be confronted by anyone</u> | (not good enough) (loosing) |
| Pride | - <u>Others can see how loyal</u> my wife is to me <u>No one should</u> want to disrespect me | (how I look) (disrespected) |
| Ambition | - <u>I want</u> others to respect what's mine | (not respected) |
| Security | - <u>I need</u> others to respect what's mine <u>to be okay</u> . <u>I need</u> others to not want to challenge me <u>to be okay</u> . | (not respected) (failing) |
| Personal relations | - <u>My friends should</u> be people I can trust. | (unable to trust) |
| Sex relations | - <u>Real men</u> stand up for themselves. <u>Women</u> desire men that stand up for themselves. | (confrontation) (undesirable) |
| Pocketbook | - <u>No one should</u> threaten me at work. | (getting fired) |

_____)

RESENTMENT INVENTORY

"God please enable me to see the Truth about my resentment"

I'm resentful at: (ref. p.65 example) _____

The Cause: (ref. p.65 example) _____

Affects my: Keep Columns 1 & 2 in mind while writing the 3rd Column considerations (ref. p.65-¶3-L3 "*we consider it carefully*"). Look at the 3rd Column and consider the opposite of each sentence to let the inventory reveal your fears behind each of the seven areas of self. (ref. p.65 example and p.67-¶3 "*Notice the word 'fear' is bracketed alongside the difficulties*").

SELF ESTEEM: How I see or feel about myself. (Start sentences with—"I am...")

Fear of being...

[Example: *I am more than qualified for the job*

(*not qualified*)]

_____()
_____()
_____()

PRIDE: How I think others see me or feel about me. (Start with—"Others should..." or "No one should..." or "Others can...")

_____()
_____()
_____()

AMBITION: What I want. (Start sentences with—"I want...")

_____()
_____()
_____()

SECURITY: What I need to be okay. (Start sentences with—"I need...to be okay")

_____()
_____()
_____()

PERSONAL RELATIONS: How my family and friends should see me, feel about me or treat me. (Mothers should / shouldn't... or "Fathers should / shouldn't..." "A real friend...")

_____()
_____()
_____()

SEX RELATIONS: My deep-seated beliefs of how men and woman are supposed to be.

Write on both. (start with—"Men should / shouldn't..." "Men can / are..." "A real man..."

"Men..." and "Women should / shouldn't..." "Women can / are..." "A real women..." "Women...")

_____()
_____()
_____()

POCKET BOOK: Affects my finances, material security.

(Start with—"No one should / shouldn't..." or Others should / shouldn't...")

_____()
_____()
_____()

The Realization: “How have I done the things I’ve resented in Column Two to the person I’ve listed in Column One and/or others?” (ref. p.66-¶3 “*This was our course: We realized that the people who wronged us were perhaps spiritually sick...like ourselves*”).

"God, this is a sick person *like myself*. How can I be helpful to them? God save me from being angry. Thy will be done."

FOURTH COLUMN: Disregard the other person involved entirely. This is your inventory not theirs. Where was I to blame, before? during? after? What did I do? (ref. p.67-¶2). • Look at the things you do to hold on to the resentment. • Look at things you do to protect yourself and how you look, I shun, I gossip, I yell. • Stay focused on what you’ve seen so far in this inventory as you write.

“*Where had I been...*”

SELF-SEEKING: *My selfish actions or activities were...*

(*Fear of being...*)

| | | |
|-------|---|---|
| _____ | (|) |
| _____ | (|) |
| _____ | (|) |
| _____ | (|) |

SELFISH: *My selfish attitudes were...*

| | | |
|-------|---|---|
| _____ | (|) |
| _____ | (|) |
| _____ | (|) |
| _____ | (|) |

DISHONEST: *I was dishonest by ...("lying about..." "omitting to say..." or "being in the delusion that...")*

| | | |
|-------|---|---|
| _____ | (|) |
| _____ | (|) |
| _____ | (|) |
| _____ | (|) |

AFRAID:

Take all the fears that were revealed to you alongside Column 3 and 4 and list each fear once. Consider if there are any other fears that should be on the list. Consider the opposite of each fear, if it applies add it to the list. [Example: being alone / being committed? looking bad / looking to good? failing / succeeding? (ref. p.68-¶1-L1 “*We put them on paper, even though we had no resentment in connection with them.*”)]

HARM: Do I see harm that I caused. Look around the resentment as well? ie: parents, friends, employers.

FEAR INVENTORY

INSTRUCTIONS

- 1) **Read** the Big Book from p.67-¶3 “*Notice the word fear*” to p.68-¶3 “*outgrow fear*”
- 2 (a) **List all Fears:** Make one single list of Fears taken from all of the pages you’ve written on your Resentment Inventory. There is no need to write the same Fear twice.
(ref. p.68-¶1-L1 “*We put them on paper*”).
- (b) **Why do I have this fear?:** Consider this with each Fear to create another column. Make one column at a time and draw a line through the Fears that repeat.
(ref. p.68-¶1-L3 “*We asked ourselves why we had them.*”)
- (c) Repeat the consideration of *Why do I have this fear?* until your list is reduced down to one Fear, 80 becomes 40, 40 becomes 15, 15 becomes 6, 6 becomes 1.

Example: See Fear Inventory template on next page for a guide while writing.

| (a) | (b) | (b) | (b) | (b) | (b) |
|-----------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| List all Fears I Fear being... | Why do I have this Fear? | Why do I have this Fear? | Why do I have this Fear? | Why do I have this Fear? | Why do I have this Fear? |
| <i>unimportant</i> | <i>unwanted</i> | <i>alone</i> | <i>that’s painful</i> | <i>drinking</i> | <i>dying</i> |
| <i>not good enough</i> | <i>disliked</i> | <i>alone</i> | | | |
| <i>irresponsible</i> | <i>disliked</i> | | | | |
| <i>disrespected</i> | <i>unwanted</i> | | | | |
| <i>disliked</i> | <i>alone</i> | <i>painful</i> | <i>drinking</i> | <i>dying</i> | <i>the unknown</i> |
| <i>how I look</i> | <i>rejected</i> | <i>painful</i> | | | |
| <i>alone→</i> | <i>painful→</i> | <i>drinking→</i> | <i>dying→</i> | <i>unknown→</i> | <i>→ no God</i> |
| <i>distrusted</i> | <i>unwanted</i> | | | | |
| <i>emotional pain</i> | <i>drinking</i> | <i>dying</i> | <i>the unknown</i> | <i>dying</i> | |
| <i>not needed</i> | <i>unwanted</i> | | | | |
| <i>drinking</i> | <i>dying</i> | <i>the unknown</i> | <i>no God</i> | | |
| <i>judged badly</i> | <i>disliked</i> | | | | |
| <i>dying</i> | <i>the unknown</i> | <i>no God</i> | | | |

Most Fear Inventories can be reduced down to this in the end:

being alone> emotional pain> drinking> dying> the unknown> no God

- I fear ***being alone*** because it’s painful.
- I fear sitting in ***pain*** , if I do long enough, I’ll drink again.
- I fear ***drinking*** , for me to drink again is to die.
- I fear ***dying*** because it’s unknown what that means..
- I fear the ***unknown*** because I question the existence of God.
- I fear there is ***no God*** so I trust self-reliance even though self-reliance repeatedly fails.

- 3) **Harms:** Look at your Fears, write how your Fears caused harm and to whom.

SEX INVENTORY

Name: _____ Relationship: _____

Write a brief history of the relationship:

My motives for getting involved were... _____

My specific sex conduct has been... _____

The major points that came up in the relationship are... _____

How it ended...? or How it is now... _____

“We reviewed our own conduct over the years past.”

Look at each relationship and answer these nine questions (*ref p.69-71*)

1) Where had I been selfish? _____

2) Where had I been dishonest? _____

3) Where had I been inconsiderate? _____

4) Whom did I hurt? (look around the relationship) _____

5) Did I arouse jealousy? _____

6) Did I arouse suspicion? _____

7) Did I arouse bitterness? _____

8) Where was I at fault? _____

9) What should I have done instead? (Make sure you are especially explicit with question #9 you will refer back to this for writing the Sex Ideal)

Harm: Write any specific harm that comes to you while writing. _____
