

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 ¶-14)

“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-¶3-17 *“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 list every resentment we have towards each name in the first list (ref. p.64-¶3-19 *“We asked ourselves why we were angry”*).
Number each name and letter each resentment. Be as specific and brief as possible. It’s 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) Mr. Brown

2) Mrs. Jones

3) My 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 my friend, her husband for drinking.

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-¶3-19 to p.66-¶2 to “*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-¶3-13 “*we considered it carefully*”). Don’t write any “*I think...*” or “*I feel...*” here in the Third Column. (ref. p.62-¶1 We see our selfish, self-centered false notions here in the 3rd Column)
 - 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 referenced in example on p.65).

Important: Some people have found it easier and more focused to write the Third Columns only at first looking at the Self Esteem and Pride for all of the resentments. Then going back and writing all of the Ambition and Security. Then coming back and finishing the Personal Relations, Sex Relations and Pocket Book. It has proven to help more people finish faster with a better understanding of the inventory process.

While writing about your self esteem: If you truly had low self-esteem when the person in Column One did Column Two you would not have been resentful at them, you would have believed you got what you deserved. You will experience your difficulties easier in this area writing from a point of high self-esteem. It will take writing and seeing the fears bracketed along side a few of these to understand this.

Using Bill’s references in Step Three as to how I’m like an actor trying to run the show. Consider here in the Third Column how I believed the situation should have gone and how I’m in the world assigning roles:

- Self-esteem is my stage character. The role that I’ve assigned myself.
- Pride is how the rest of the players are supposed to see to me.
- Ambition is what I want out of this scene.
- Security is what I need out of this scene to be okay.
- Personal Relations is my deep seated idea of what this type of relationship should look like.
- Sex Relations is my deep seated ideas of how a real man and/or real woman would be in this situation.
- Pocket Book relates to my finances.

Example of Columns 1,2 & 3

“God please help me see the truth”

1) *Mr. Brown A) His attention to my wife.*

Self esteem: - I am the best husband my wife could have. Fear of being (not good enough)

Pride: - No one should challenge my wife’s love for me. Fear of being (challenged)

Ambition: - I want others to respect my relationship with my wife. Fear of being (disrespected)

Security: - I need others to acknowledge who I am to be okay. Fear of being (not acknowledged)

Personal Relations: - Real friends never make their friends unimportant. Fear of being (unimportant)

Sex relations: - A real men stands up for himself. Fear of (confrontation)
A real man commands the respect of others. Fear of being (not respected)

Pocketbook: (I only right on pocketbook if it affects my finances or job in some way.)

Note: This is difficult to understand at first, do a dozen or so and you’ll get the hang of it. The template on the next page will help.

Section 7 - Step Four

_____) _____

RESENTMENT INVENTORY

"God please help me see the truth about my resentments"

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 considered 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. "The role I've assigned myself" **Fear of being...**
 Start sentences with—"I am..." *Example: I am the best husband she could have. (not good enough)*

_____ ()
 _____ ()
 _____ ()

PRIDE: How I think others see me or feel about me. "The role I've assigned others"
 Start sentences with— "Others should..." or "No one should..." or "Others can..."

_____ ()
 _____ ()
 _____ ()

AMBITION: What I wanted to happen here. Start sentences with— "I want..."

_____ ()
 _____ ()
 _____ ()

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

_____ ()
 _____ ()
 _____ ()

PERSONAL RELATIONS: My deep seated beliefs of how this relationship is supposed to look. ("Wives trust their husbands" "Mothers respect their sons choices" "Real friends always agree with me")

_____ ()
 _____ ()
 _____ ()

SEX RELATIONS: My deep-seated beliefs of how real men and/or real women are supposed to be. Start sentence with— "A real man..." and/or "A real woman..."

_____ ()
 _____ ()
 _____ ()

POCKET BOOK: Affects my finances. (Start with—"No one (can, should, shouldn't)..." or Others (can, should, shouldn't)...")

_____ ()
 _____ ()
 _____ ()

FOURTH COLUMN

INSTRUCTIONS

- 1) **Read** the Big Book from p.66-¶3 “*We turned*” to p.67-¶3 “*these matters straight.*”

See Inventory guide sheet on the next page to use as a guide while writing.

- 2) **Realization:** Skip this instruction if Column One is not a person.

Before each Fourth Column, consider in paragraph form “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-¶4 “*This was our course: We realized that the people who wronged us were perhaps spiritually sick... like ourselves*”).

After considering the Realization say the Fourth Step Prayer (ref. p.67-top¶1-L6).

“This is a sick person like myself. how can I be helpful to them? God save me from being angry. Thy will be done.”

- 3) **Fourth Column Writing:** (ref. p.67-¶2)

When there’s a lot of resentments it works well to section off the writing. First write on Self-Seeking and Selfish for all the resentments. Then go back and write all the Dishonest and Afraid.

- Disregard the other person involved entirely, this is your inventory not theirs.
- Where was I to blame, before? during? after? What did I do?
- 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 Column One thru the Realization as you write.

Consider the following questions:

Where had I been...

SELF-SEEKING: Look around the whole resentment, what did I do? where was I to blame?
My selfish actions were... ?

SELFISH: What was my selfish thinking while I was doing the above self-seeking actions?
My selfish attitudes were... ?

DISHONEST: What were the lies I was telling myself that resulted in my selfish thinking above?
I was in the delusion that... ?

AFRAID: *What are the fears that drive the delusions above?*
I was afraid... ?

~The fears that drive the delusions, that result in the attitude that are behind the actions.
(ref. p.62-¶1 “*driven by a hundred forms of fear, self-delusion, self-seeking and self pity [my attitude]*)

- Consider the opposite of each fear, if it applies add it to the fear list.

Example: being alone / being committed? looking bad / looking too good? failing / succeeding?”
(ref. p.68-¶1-L1 “*We put them on paper, even though we had no resentment in connection with them.*”)

- 4) **Harms:** Do I see harm that I caused. Look around the resentment? ie: parents, friends, employers.

“God please help me see the truth.”

The Realization: “How have I done the things I’ve resented in Column 2 to the person I’ve listed in Column 1 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”). Skip this if Column One is not a person.

"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 Column One thru the Realization as you write.

“Where had I been...”

SELF-SEEKING: Look around the whole resentment, what did I do? where was I to blame?

My selfish actions or activities were... ?

SELFISH: What was my selfish thinking while I was doing the above actions?

My selfish attitudes were... ?

DISHONEST: What were the lies I was telling myself that resulted in my selfish thinking above?

I was in the delusion that... ?

AFRAID: What are the fears that drive the delusions above?

I was afraid... ?

The above fears drive the delusions, that result in the attitude that are behind the actions.

(ref. p.62-¶1 “driven by a hundred forms of fear, self-delusion, self-seeking and self pity [my attitude]...)

Consider if there are any other fears that should be on the fear list. Consider the opposite of each fear, if it applies add it to the list. Example: being alone/being committed? 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 any harm 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) **List all Fears:** Fold a sheet of paper into four columns or use the template on the next page
Take all of your fears you wrote in your Resentment Inventory and make one single list in the first column (a). List each different fear only once in the first column.
(ref. p.68-¶1-L1 “We put them on paper”).
- 3) **Why do I have this fear?:** Consider the fear underlying each fear and write it in the next column (b).
(ref. p.68-¶1-L3 “We asked ourselves why we had them.”)

Example of a trail of underlying fears from chart below:

- (a) I fear being **not good enough**, if I’m not good enough, I fear I’ll be **unwanted**.
- (b) I fear being **unwanted**, if I’m unwanted, I’ll fear **being alone**.
- (c) I fear **being alone** because I fear the **emotional pain** of being alone.
- (d) I fear sitting in **emotional pain**, if I sit in pain long enough, I fear I’ll **drink** again.
- (e) I fear **drinking**, for me to drink again is to **die**.
- (f) I fear **dying** because I fear the **unknown**, I don’t know what dying means.
- I fear the **unknown** because I fear there is **no God**.
- I fear there is **no God** so I repeatedly trust self-reliance even though I fear **self-reliance fails me**.

being alone > emotional pain > drinking > dying > the unknown > no God > self-reliance fails me

- Repeat the consideration of *Why do I have this fear?* with each fear listed in your first column.
- Do one column at a time. Do as many columns as it takes to get down to one fear.
- Each list should get smaller, 80 becomes 40, 40 becomes 15, 15 becomes 6, 6 becomes 1.
- Notice in the example chart below that the line ends once the fear is duplicated and crossed out.

Note: If your lists aren’t getting smaller each time it’s a good indicator you don’t understand.

Example:

(a)	(b)	(c)	(d)	(e)	(f)
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>not good enough</i> ➡	<i>unwanted</i> ➡	<i>alone</i> ➡	<i>emotional painful</i> ➡	<i>drinking</i> ➡	<i>dying</i> ➡
<i>not trusted</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>emotional painful</i> ➡	<i>drinking</i> ➡	<i>dying</i> ➡	<i>unknown</i> ➡
<i>how I look</i> ➡	<i>rejected</i> ➡	<i>emotional painful</i>			
<i>alone</i> ➡	<i>emotional painful</i> ➡	<i>drinking</i> ➡	<i>dying</i> ➡	<i>unknown</i> ➡	<i>no God</i> ➡
<i>left out</i> ➡	<i>unwanted</i>				
<i>emotional pain</i> ➡	<i>drinking</i> ➡	<i>dying</i> ➡	<i>the unknown</i> ➡	<i>no God</i> ➡	<i>self reliance fails</i>
<i>not needed</i> ➡	<i>unwanted</i>				
<i>drinking</i> ➡	<i>dying</i> ➡	<i>the unknown</i> ➡	<i>no God</i> ➡	<i>self reliance fails</i>	

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

Section 7 - Step Four

SEX INVENTORY

INSTRUCTIONS

- 1) Read big book pg.68-74 “*Now about sex*” to pg.70-72 “*would mean heartache.*”
- 2) Pray, make a list, and go with what comes with relationships through your life. Work on list till you know it’s done.

See the following Sex Inventory template on the next page.

3) “What can we do about them?”

- A) Take the first name from the list and write it on top of a page.
- b) Write a brief history of the relationship and include:
 - My motives for getting involved were...?
 - My specific sex conduct was...?
 - The major points that came up in the relationship are...?
 - How did it end...? or how it is now...?

C) “We reviewed our own conduct”

Look at each relationship and answer these nine questions in paragraph form with detailed explanations: (*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, IE: parents, kids, brothers, sisters)
- 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?

NOTE: The answer to question 9 is never “I shouldn’t have gotten involved in the first place.” Refer to what you should have done, or how you should have behaved in the relationship. Make sure you’re especially complete with Question #9 you will refer back to it later when writing your Sex Ideal.

SEX INVENTORY WORKSHEET

“God please help me see the Truth about my conduct in relationships”

Name: _____ Relationship: _____

Write a brief history of the relationship:

My motives for getting involved were... _____

My specific conduct in the relationship has been... _____

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

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

“God please help me see the Truth about my conduct in relationships”

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? (In the relationship. Don't write “not gotten involved in the first place.”)

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. _____
