

**4<sup>TH</sup>  
STEP  
WORKSHOP**

**ASTORIA, NY  
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#### FOURTH STEP WORKSHOP

<u>Resentment</u>	A sense of being injured or offended; indignation
<u>Indignation</u>	Feeling the mingled emotions of anger and scorn or contempt, as when a person is exasperated by unjust, mean or ungrateful action or treatment.
<u>Anger</u>	A strong feeling excited by a real or supposed injury; often accompanied by a desire to take vengeance or to obtain satisfaction from the offending party. (*see below, please)
<u>Grudge</u>	To look upon with envy; a cherished dislike.  Grudge not one against another.” <i>James 5:9</i>
<u>Remorse</u>	A deep, torturing sense of guilt felt for one’s actions.
<u>Futility</u>	Useless, vain.
<u>Fatal</u>	Deadly.
<u>Ideal</u>	A model of perfection

\*Resentment and anger are symptoms of a diseased spirit. Anger is acute spiritual sickness. Resentment is chronic spiritual sickness.

Usually over time my anger diminishes. Over time my resentments grow stronger.

The way they instructed me to write the 4th step is as follows:

- 1) Remember Step 4 is a joint effort - pg. 13 in the Big Book - "WE made a list people I hurt and toward whom I felt resentment."
- 2) Fill out all 3 lists at the same time- we use a technique called automatic or spontaneous writing (This technique is mentioned in William James' Varieties of Religious Experiences.) We say the following prayer (or something like it.) :

**GOD PLEASE HELP ME TO BE HONEST.  
I'M TAKING INVENTORY. GOD PLEASE  
HELP ME TO FACE THE THINGS IN  
MYSELF THAT BLOCK ME OFF FROM  
YOUR POWER, YOUR LOVE & YOUR  
WAY OF LIFE.**

As I repeatedly say this prayer, I put on paper whatever pops into my mind. Never mind legibility, grammar, syntax etc. etc.

It's like stream of consciousness writing. I have 3 pages in front of me:

- 1) RESENTMENTS- List people, institutions and principles against whom I am angry.
- 2) FEARS
- 3) HARMS DONE TO OTHERS( especially as expressed through my sex conduct) Ex.-
  1. The neighbor I socked in the jaw.2.My mistress whom I keep assuring I'll leave my family for.

In listing resentments they told me to also keep in mind resentments I have against myself i.e. guilt, shame, self-pity etc. In the Big Book pg. 66 - "Sometimes it was remorse & we were sore at ourselves....."

Some people will say we don't make amends to ourselves! Au contraire! I was taught every step (except 8/9 & lots of 12) are amends to ourselves.

"We are trying to put our lives in order." Put down everything and anything that blocks us from God. If it doesn't "fit" in any of the 3 sheets, then create a separate piece of paper. God is directing us

-God is writing the inventory If you will. Just list the facts.

**RESENTMENTS-** people, institutions and principles against whom I am angry.

**FEARS-** I'm afraid of.....

**HARMS DONE TO OTHERS-** Who did I damage: physically, mentally, emotionally?

Keep it simple ----- Use as a constant reference-

1) Big Book pps. 64-70

2) 12 & 12 pps. 39-54

### SUGGESETD LIST OF RESENTMENTS

PEOPLE	INSTITUTIONS	PRNICIPLES
Husband/Wife	U.S. Government	"It takes money to make money"
Mother	I.R.S.	"The more you make the more they take"
Father	Different nationalities/different races	"You have to be in the union to get a job. In order to get a job you have to be in the union."
Grandmother	Dept. of Transportation	"It's not what you know, it's who you know"
Step Mother	Dept. of Motor Vehicles	
Step Father	Social Security Administration	"My mother likes my sister more than me"
Foster Parents	I.N.S.	"I always get stuck with all the work at my office"
Sister(s)	School(s)(Universities, Trade Schools, Junior College, Community College)	
Brother(s)	Jails	
Cousins	Reform Schools	
Nieces	Prisons/work camps	
Nephews	Certain religious denominations	
Aunt/Uncles	AA, CA, NA, OA, DA, etc.	
In-Laws	Police Dept.	
Boss	Army/Marines/Navy	
Co-workers	Welfare	
Landlord	Other countries	
Super	Foreign governments	
Lawyers	Particular car companies	
Judges		
Parole Officer		
Counselors		
Therapists		
Shrinks		
Doctors		
Priests/Ministers/Rabbis		
Children		
Grandchildren		



## Fourth Step Glossary

**Resentments - Third Column:** What part of self was hurt or threatened?

**Has this resentment affected any or all of the following areas?**

**Self-esteem**                      How I feel about myself. Favorable estimate of self.

**Security**                              **Emotional** - feeling at peace and ease

**Material** - opportunities now or in the future to obtain money, property, security.

**Physical** - physical safety, health.

**Ambitions**                              Intention. Desire to gain acceptance, recognition, power.

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

**Sex relations**                              Relations with opposite sex, sex partner or potential sex partner

**Third Column Prompts  
For 4<sup>th</sup> Step Inventory**

**1. SELF ESTEEM**

\_\_\_\_\_ makes me feel \_\_\_\_\_ about/towards myself.

i.e., My boss makes me feel inadequate about myself.

My ex makes me feel stupid about myself.

(Inadequate, inferior, "less-than", self-conscious, stupid)

**SECURITY (We look at three aspects of security)**

**2. EMOTIONAL SECURITY - example: Worry, Anger, Self-Pity, Depression (From 12&12, pg. 52 L 4-5)**

\_\_\_\_\_ makes me feel \_\_\_\_\_.

i.e., J.R. makes me feel angry.

Dad makes me worried/depressed.

**3. FINANCIAL SECURITY**

Because of \_\_\_\_\_ I can't have \_\_\_\_\_.

Because of \_\_\_\_\_ I'm going to lose \_\_\_\_\_.

i.e., Because of my brother-in-law's irresponsibility, I can't have the boat I've been saving for.

**4. PHYSICAL SECURITY**

I fear for my (physical safety/my family's safety/my physical well-being) because of \_\_\_\_\_.

**5. AMBITION**

I want(ed) \_\_\_\_\_.

This addresses my demands, desires, expectations.

i.e., I want(ed) my neighbor to stop making noise.

I want(ed) my boss to give me a raise.

**6. PERSONAL RELATIONS**

This resentment makes me feel (cut-off/blocked/separated from) \_\_\_\_\_.

**7. SEX RELATIONS**

This resentment makes me feel (cut-off/blocked/separated from) \_\_\_\_\_.



**Prayers:**

**Resentment** (After 3<sup>rd</sup> column) - pg.. 67

"Perhaps \_\_\_\_\_, like myself, is a sick person. God please help me to show \_\_\_\_\_ the same tolerance, pity, and patience that I would cheerfully grant a sick friend. God, how can I be helpful to \_\_\_\_\_? God save me from being angry. Thy will be done."

**Fear** - pg.. 68

"God please remove my fear of \_\_\_\_\_ and direct my attention to what you would have me be."

**Harms Done to Others** (Especially as expressed by my sex conduct) – pg. 69

"God please help me to shape a sane and sound ideal for my future sex life. God, please mold my ideals and help me to live up to them."

Ideal – A model of perfection. A spiritual aim or goal if you will.

Examples:

1. Intimacy: Safety, friendship, affection.
2. True partnership
3. Understanding, gentle support
4. Mutual satisfaction, honest expression (sexually)
5. Fun, laughter

## Fourth Step Glossary

**Resentments - Fourth Column:** What was the **exact nature** of my wrongs?

**Have I been:**

**Selfish**

Motivated to act to ultimately gain private advantage (overly concerned with oneself; psychologically **demanding** that others be what you want them to be)

**Self-seeking**

Seeking opportunities to advance one's own selfish interests (**demanding** that people do what you want them to do)

**Dishonest**

Manipulating; being phoney, people-pleasing

Illusions - deceptive or unreal appearance

Delusions - persistent belief in something false; misleading of the mind

**Frightened**

Apprehension, fear, agitation, anxiety caused by presence or nearness of pain, evil, danger

Fear something that I have will be taken away or I won't get something I want

**Fourth Column Prompts  
For 4<sup>th</sup> Step Inventory**

1. **SELFISH**

I want(ed) \_\_\_\_\_ to be \_\_\_\_\_.

i.e., I want(ed) ex-boss Fred to be more lenient, more tolerant.

2. **SELF-SEEKING**

I want(ed) \_\_\_\_\_ to \_\_\_\_\_.

i.e., I want(ed) ex-boss Fred to continue to employ me.

3. **DISHONEST**

If I were to be 100% honest with myself, I'd have to admit \_\_\_\_\_.

i.e., If I were to be 100% honest with myself, I'd have to admit I thought the job was going to be easier. I exceeded my allowed sick days by 14 days. I couldn't stand this job but I stayed to keep my girlfriend happy. I wanted to get paid but didn't want to do much work.

4. **FEAR**

I'm afraid of losing \_\_\_\_\_.

I'm afraid of not getting \_\_\_\_\_.

i.e., I'm afraid of losing another job, my girlfriend. I'm afraid of not getting established, i.e., a personal checking account, a career or a steady job, a relationship that lasts, a family.

**\*TIP** - Here are two fears that can now be transferred to your fears list.

**FINALLY** - pg. 67 of Big Book - "When we saw our faults, we listed them. We placed them before us in black and white. We admitted our wrongs honestly and were willing to set these matters straight." i.e., My Fault/Wrong is: I'm irresponsible. I'm impractical!

## Fear Inventory Prompt Sheet

Here is a list of Fears. The list may be helpful to you in your Fear Inventory. Please feel free to add to the lists if you need to.

Fear of God	Fear of Drowning
Fear of Dying	Fear of (Other) Men
Fear of Insanity	Fear of (Other) Women
Fear of Insecurity .	Fear of Being Alone .
Fear of Rejection .	Fear of Other People .
Fear of Loneliness .	Fear of Crying
Fear of Diseases .	Fear of Poverty .
Fear of Alcohol .	Fear of Other Races
Fear of Drugs .	Fear of the Unknown .
Fear of Relapse	Fear of Abandonment .
Fear of Sex .	Fear of Intimacy .
Fear of Sin .	Fear of Disapproval .
Fear of Self-Expression	Fear of Confrontation .
Fear of Authority	Fear of Sobriety
Fear of Heights	Fear of Hospitals.
Fear of Unemployment .	Fear of Employment
Fear of Employment	Fear of Your Feelings .
Fear of Getting Old .	Fear of Parents
Fear of Losing a Spouse .	Fear of Having a Child
Fear of Losing a Child	Fear of Writing This Inventory
Fear of Relationships .	Fear of Jail
Fear of Violence	Fear of Being Alive .
Fear of Police	Fear of Going Outdoors
Fear of Stealing .	Fear of Wealthy People .
Fear of Creditors	Fear of Guns
Fear of Being Found Out .	Fear of Homosexuals and Lesbians
Fear of Change .	Fear of Success
Fear of Failure .	Fear of Physical Pain .
Fear of Responsibility	Fear of Fear .
Fear of Emotional Pain .	Fear of Rejection .
Fear of Military Service	Fear of War

**Fears** (pg. 68: "We put them on paper.")

What is the nature of my fear?	Has reliance on self failed me? (i.e. reliance on self-esteem, financial security, etc?)	We ask him to remove our fear and direct our attention what He would have us be.

## HARM(S) DONE TO OTHERS

<p>Ex-Girlfriends or Ex-Boyfriends</p> <p>Ex-Lovers</p> <p>People I cheated with.</p> <p>People I cheated on.</p> <p>Did I make a pass at someone? An advance?</p> <p>Did I wrongly touch or fondle anyone?</p>	<p>Did I steal?</p> <p>Did I lie?</p> <p>Did I cheat?</p> <p>Who have I neglected?</p> <p>Who have I hurt?</p> <p>Who have I insulted?</p> <p>Have I been insensitive?</p> <p>Have I kept my word? or Have I broken promises and agreements with people?</p> <p>Did I cause anyone any physical harm?</p> <p>Have I hurt people with my words?</p> <p>Have I been verbally abusive towards others?</p> <p>How about silent scorn and ignoring people?</p> <p>Do I gossip, character assassinate and spread rumors?</p>
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**Harms to Others (Sexual Conduct)**

First do columns 1, 2 and 3 vertically. Next do all the columns horizontally. Finish with the prayers on pgs. 69 and 70.

		3. Did I unjustly arouse:			4. Where was I at fault?			
1. Whom did I hurt?	2. What did I do?	Jealousy	Suspicion	Bitterness	Selfish	Dishonest	Inconsiderate	5. What should I have done instead?

## Fourth Step Workshop

### Examples

Bob Brown is the boy wonder at our company. He can do no wrong. It's not fair, I've been there 15 years. He's only been there 5. I've been the head salesman in the region handling over 100 accounts, 5 of them major department stores. Rumor has it they're considering Brown as a candidate to replace me. I wouldn't be surprised. They don't appreciate anything and he's a cutthroat. Why, at the last Christmas party I was coming back from the bar and I see Brown dancing with my wife and talking to her. The man has no scruples. I admit, over the past year or so my numbers have dropped considerably but the economy is bad. My boss Mr. Puffington doesn't grasp this. He's unreasonable; he's not fair; Now every receipt I submit against my expense account is scrutinized. Not like the old days, I used to take customers out and show them a good time. It helped me to drum up business. Now Puffington says he'll fire me if I don't keep below a budget and have clear, proper receipts for everything. I don't see Brown being held up to the same standards.

My wife is always on my back for drinking. She doesn't understand the pressures traveling salesmen, like myself, face. Drinking is always there. ~~I'm convinced he's the one that~~  
**SOMEONE** told my wife about Trixie. I'm glad Trixie's in my life at least I have someone who understands me. Either Brown told my wife or that nut Mary Jones. I see her yapping to everyone. I blame her for having her husband Jack committed to Mt. Cheerful State Hospital a couple of months ago. It's a loony bin for Chris sake! She's the crazy one. She's the one that ought to be committed. Me and him used to go down into his basement and listen to the ball game and drink till we'd fall asleep or pass out. Old girl Jones didn't like this one bit. I always tried to be nice to her but she was a snob with her nose up in the air.