

BIG BOOK GOALS

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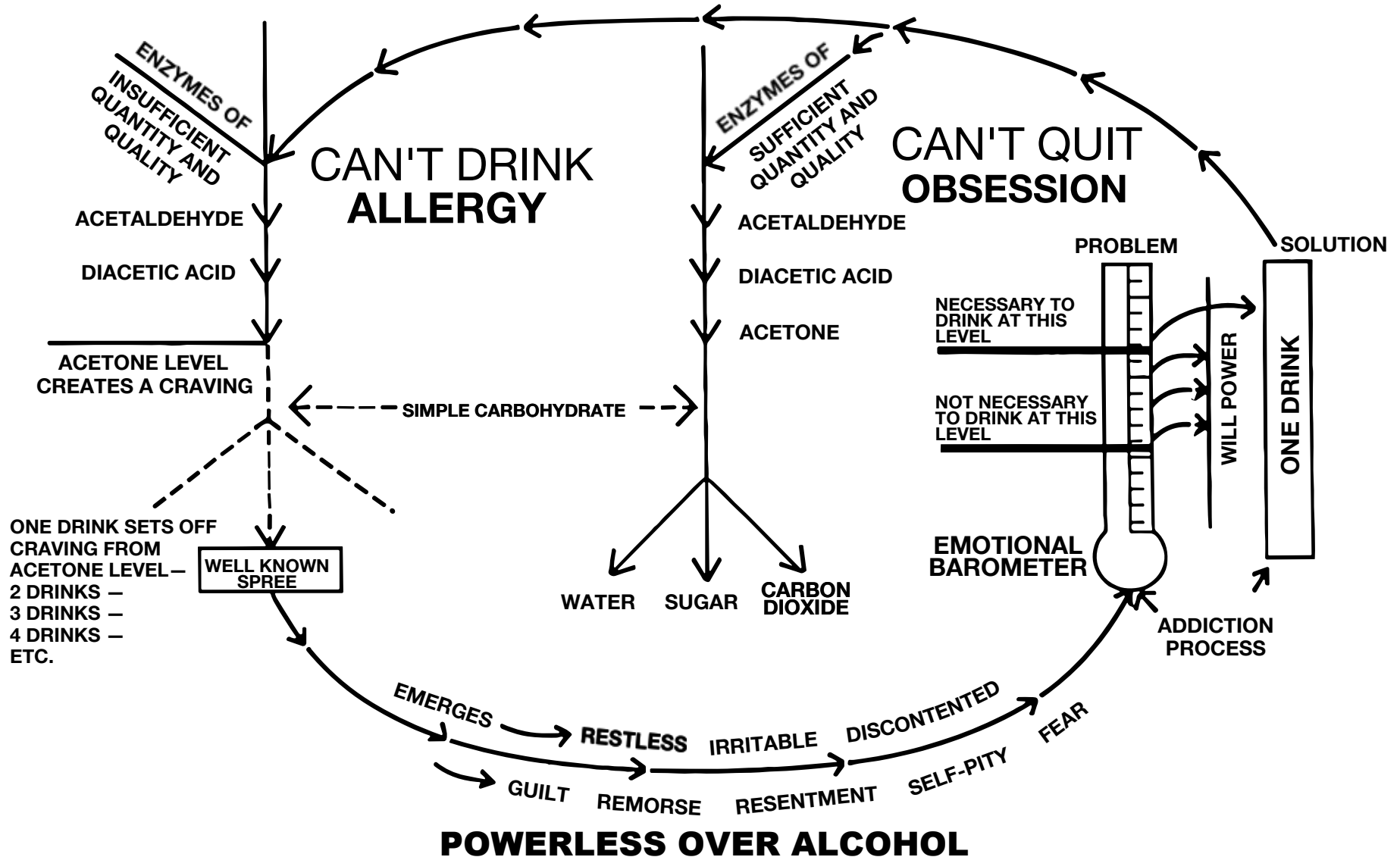
DISEASE CONCEPT OF ALCOHOLISM

PHYSICAL

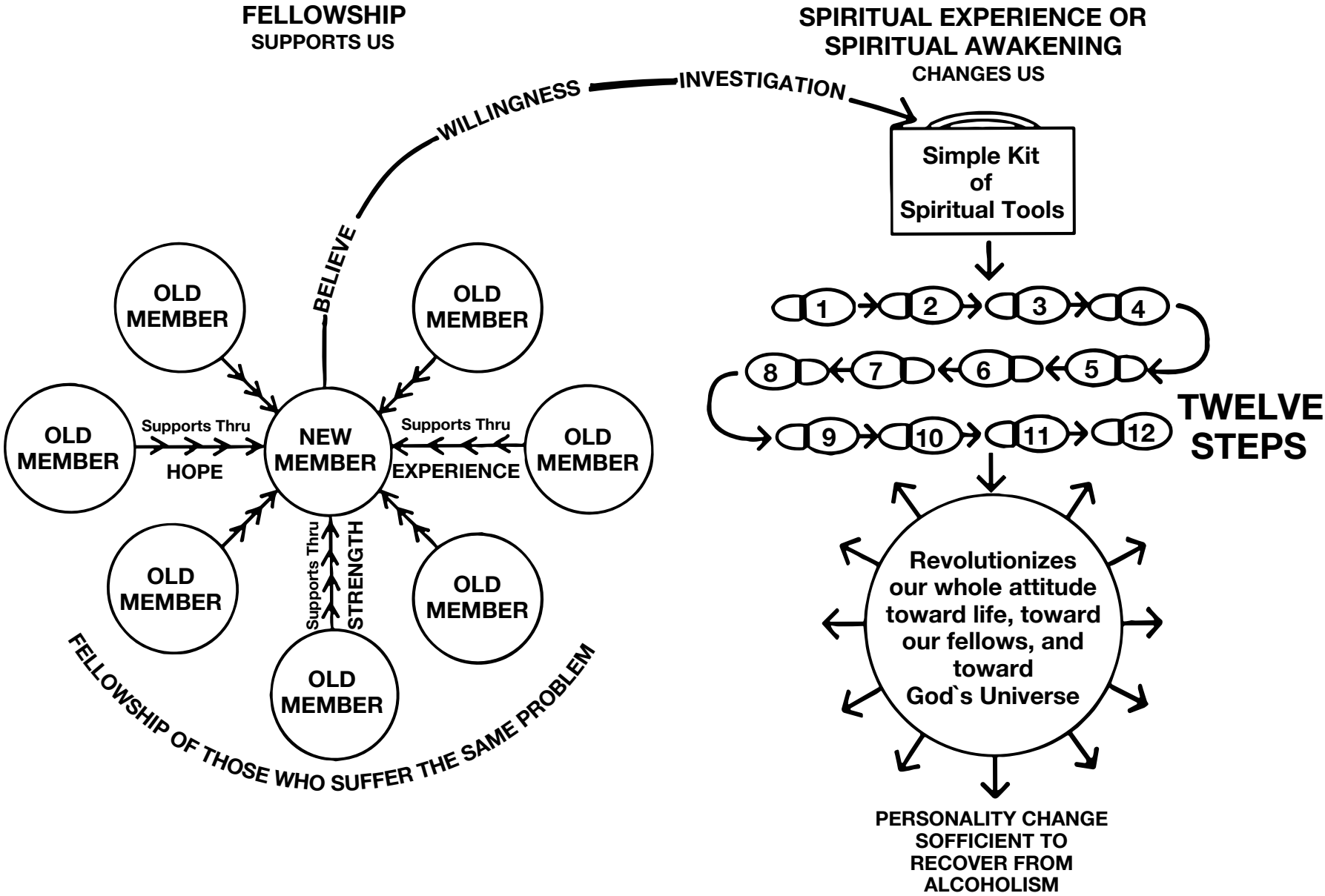
ONE DOES NOT DRINK SAFELY OR HE IS AT DIS-EASE

MENTAL

NINE DRINK SAFELY THEY ARE AT EASE



WHAT IS THE SOLUTION?



GLOSSARY OF WORDS USED IN STEPS FOUR AND FIVE

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

BASIC INSTINCTS OF LIFE WHICH CREATE SELF

SOCIAL INSTINCT	SECURITY INSTINCT	SEX INSTINCT
<p>COMPANIONSHIP - Wanting to belong or to be accepted</p> <p>PRESTIGE - Wanting to be recognized or to be accepted as a leader</p> <p>SELF-ESTEEM - What we think of ourselves high or low</p> <p>PRIDE - An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).</p> <p>PERSONAL RELATIONSHIPS - Our relations with other human beings and the world around us.</p> <p>AMBITIONS - Our plans to gain acceptance, power, recognition, prestige, etc.</p>	<p>MATERIAL - Wanting money, building, property, clothing, etc. in order to be secure in the future.</p> <p>EMOTIONAL - Based upon our needs for another person or persons. Some tend to dominate, some are overly dependant on others.</p> <p>AMBITIONS - Our plans to gain material wealth, or to dominate, or to depend upon others.</p>	<p>ACCEPTABLE - Our sex lives as accepted by society, God's principles or our own principles.</p> <p>HIDDEN - Our sex lives that are contrary to either Society, God Principles or our own principles.</p> <p>AMBITION - Our plans regarding our sex lives either acceptable or hidden.</p>
RESENTMENTS	FEAR	HARMS OR HURTS
<p>Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings or being injured or offended.</p>	<p>Feelings of anxiety, agitation, uneasiness, apprehension, etc.</p>	<p>Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and also self.</p>

STEP FOUR

Inventory Comparison

BUSINESS		PERSONAL
FACT-FINDING	< - >	INTEREST IN OTHERS
FACT FACING	< - >	FEARLESS
TRUTH	< - >	MORAL
STOCK-IN-TRADE	< - >	OURSELVES
OBJECT		
DISCLOSE DAMAGED OR UNSALEABLE GOODS	< - >	FIND FLAWED THINKING PROCESSES
GET RID OF THEM PROMPTLY WITHOUT REGRET	< - >	GET RID OF THEM PROMPTLY WITHOUT REGRET
STOCK IN TRADE THAT IS DAMAGED	< - >	1. RESENTMENTS 2. FEARS 3. HARMS DONE TO OTHERS

Five Column 4th Step Review Guides

(Refer to [pages 64 & 65](#) of the book "Alcoholics Anonymous" for use of these sheets)

4th Step Prayer

Lord, I humbly ask your help to search out the flaws in my makeup which cause(d) my failures. Please reveal the various manifestations of self which have defeated me. Help me to be thorough, searching and fearless, and guide me into truth. Let me become and remain open to the sunlight of the Spirit.

Amen

REVIEW OF RESENTMENTS

INSTRUCTIONS FOR COMPLETION

Instruction 1. In dealing with resentments we set them on paper. We listed people, Institutions or principles with whom we were angry. Complete Column 1 from top to bottom. Do nothing on Columns 2, 3 or 4 until Column 1 is complete.

Instruction 2. We asked ourselves why we were angry. Complete Column 2 from top to bottom. Do nothing on Columns 3, or 4 until Column 2 is complete.

Instruction 3. On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal or sex relations which had been interfered with? Complete each column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Ambitions Column. Do nothing on Column 4 until Column 3 is complete.

Instruction 4. Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened and inconsiderate? (Asking ourselves the above questions we complete each column within Column 4.)

Instruction 5. Reading from left to right, we now see the resentment (Column 1), the cause (Column 2), the part of self that had been affected (Column 3), and the exact nature of the defect within us that allowed the resentment to surface and block us off from God's will (Column 4).

"SELF"

COLUMN 3

COLUMN 4

AFFECTS MY
(Which part of self is affected)

What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings

Social Instinct	Security Instinct	Sex Instinct		Ambitions									
Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Ambitions	Selfish	Dishonest	Self-seeking & frightened	Inconsiderate

COLUMN 1

COLUMN 2

#	I'm resentful at:	The cause:
1		
2		
3		
4		
5		

REVIEW OF OUR OWN SEX CONDUCT

INSTRUCTIONS FOR COMPLETION

Instruction 1. We listed all people we harmed. Complete Column 1 from top to bottom. Do nothing on Columns 2, 3 or 4 until Column 1 is complete.

Instruction 2. We asked ourselves what WE did. Complete Column 2 from top to bottom. Do nothing on Columns 3, or 4 until Column 2 is complete.

Instruction 3. Was it our self-esteem, our security, our ambitions, our sex instinct which caused the harm? Complete each column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 until Column 3 is complete.

Instruction 4. Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened and inconsiderate? Asking ourselves the above questions we complete each column within Column 4.

Instruction 5. Reading from left to right, we now see the harm (Column 1), what we did (Column 2), the part of self which caused the harm (Column 3), and the exact nature of the defect within us that caused the harm, and block us off from God's will (Column 4).

"SELF"

COLUMN 3

COLUMN 4

AFFECTS MY
(Which part of self caused the harm)

What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings

Social Instinct	Security Instinct	Sex Instinct	Ambitions
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Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Ambitions
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Selfish	Dishonest	Self-seeking & frightened	Inconsiderate
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COLUMN 1

COLUMN 2

#	WHO DID I HARM?	WHAT DID I DO?
1		
2		
3		
4		
5		

REVIEW OF FEARS

INSTRUCTIONS FOR COMPLETION

Instruction 1. In dealing with fears we put them on paper. We listed people, institutions or principles with who we were fearful. Complete Column 1 from top to bottom. Do nothing on Columns 2, 3 or 4 until Column 1 is complete.

Instruction 2. We asked ourselves why do I have the fear. Complete Column 2 from top to bottom. Do nothing on Columns 3, or 4 until Column 2 is complete.

Instruction 3. Which part of self caused the fear? Was it our self-esteem, our security, our ambitions, our sex instinct which had been interfered with? Complete each column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 until Column 3 is complete.

Instruction 4. Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened and inconsiderate? Asking ourselves the above questions we complete each column within Column 4.

Instruction 5. Reading from left to right, we now see the fear (Column 1), why do I have the fear (Column 2), the part of self which caused the fear (Column 3), and the exact nature of the defect within us that caused the fear to surface, and block us off from God's will (Column 4).

"SELF"

COLUMN 3

COLUMN 4

AFFECTS MY
(Which part of self caused the fear)

What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings

Social Instinct

Security Instinct

Sex Instinct

Ambitions

Self-Esteem

Personal Relationships

Material

Emotional

Acceptable Sex Relations

Hidden Sex Relations

Social

Security

Sexual

Ambitions

Selfish

Dishonest

Self-seeking & frightened

Inconsiderate

COLUMN 1

COLUMN 2

#	I'm fearful of:	Why do I have the fear:	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Ambitions	Selfish	Dishonest	Self-seeking & frightened	Inconsiderate
1																
2																
3																
4																
5																

REVIEW OF HARMS OTHER THAN SEXUAL

		"SELF"															
		COLUMN 3								COLUMN 4							
		AFFECTS MY (Which part of self caused the hurt?)								What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings							
		Social Instinct		Security Instinct		Sex Instinct		Ambitions									
Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Ambitions	Selfish	Dishonest	Self-seeking & frightened	Inconsiderate				
#	Who did I hurt?	COLUMN 2 What did I do?															
1																	
2																	
3																	
4																	
5																	

THE THREE DIMENSIONS OF LIFE STEPS 1 THRU 9



DAILY INVENTORY

When we retire at night we constructively review our day.
Were we resentful, selfish, dishonest or afraid

PERSONALITY CHARACTERISTICS OF SELF-WILL	PERSONALITY CHARACTERISTICS OF GOD'S WILL
SELFISH AND SELF SEEKING	<input type="checkbox"/> INTEREST IN OTHERS
DISHONESTY	<input type="checkbox"/> HONESTY
FRIGHTENED	<input type="checkbox"/> COURAGE
INCONSIDERATE	<input type="checkbox"/> CONSIDERATE
PRIDE	<input type="checkbox"/> HUMILITY-SEEKING GOD'S WILL
GREEDY	<input type="checkbox"/> GIVING OR SHARING
LUSTFUL	<input type="checkbox"/> WHAT CAN WE DO FOR OTHERS
ANGER	<input type="checkbox"/> CALM
ENVY	<input type="checkbox"/> GRATEFUL
SLOTH	<input type="checkbox"/> TAKE ACTION
GLUTTONY	<input type="checkbox"/> MODERATION
IMPATIENT	<input type="checkbox"/> PATIENCE
INTOLERANT	<input type="checkbox"/> TOLERANCE
RESENTMENT	<input type="checkbox"/> FORGIVENESS
HATE	<input type="checkbox"/> LOVE-CONCERN FOR OTHERS
HARMFUL ACTS	<input type="checkbox"/> GOOD DEEDS
SELF-PITY	<input type="checkbox"/> SELF FORGETFULNESS
SELF-JUSTIFICATION	<input type="checkbox"/> HUMILITY-SEEK GOD'S WILL
SELF-IMPORTANCE	<input type="checkbox"/> MODESTY
SELF-CONDEMNATION	<input type="checkbox"/> SELF-FORGIVENESS
SUSPICION	<input type="checkbox"/> TRUST
DOUBT	<input type="checkbox"/> FAITH