

# STEP 4 REVIEW

## SESSION 12                      STEP 4   How It Works   REVIEW

### Grudge List – One Group Member's Pocket Treatment                      WRITE YOUR OWN!

I read Step 4, pp. 64-71 in *Alcoholics Anonymous* to examine three of my blocks to my higher power: resentment, fear, and the harms done in my relationships / sex conduct. I list my assets too. *We set them on paper.* (64: 3) I begin and end writing times with meditation / prayer. With practice, this inventory method takes me but a moment. My reasonable best is good enough.

1.)    1<sup>ST</sup>    Working of Grudge List (64: 3-65: 2): WHO-HOW-WHAT?

A. First Column: **WHO?** "Who hurt or threatened me?" (64: 3)

- ❖ I list the names of people, places, and things that cause me to be angry, irritable, unreasonable, and discontented. I put them all down. At this time I do not say what they did, or why they bother me. I just make the list of who did it.
- ❖ **First Column lesson:** My head is full of resentments. There is no room for conscious contact with my higher power.

Grudge List (See example on page 65 of Big Book.)

<b>First Column: Who?</b>
<b>Who hurt or threatened me?</b>
<i>Mr. Brown</i>

B. Second Column: **HOW?** "How have they hurt or threatened me?" (65: 0)

- ❖ After I am done with the list of names of people, places, and things that make me irritable, unreasonable, and discontent, I am ready to fill in the Second Column. For each First Column name, I state simply how they hurt me, what happened, what they (or I) did that makes me feel the way I do.
- ❖ **Second Column lesson:** It is less who the person is and more how his/her behavior made me angry. May I begin forgiveness of myself and others here?

Grudge List

<b>First Column: Who?</b>	<b>Second Column: How? How</b>
<b>Who hurt or threatened me?</b>	<b>did they hurt me?</b>
<i>Mr. Brown</i>	<i>May get my job.</i>

C. Third Column: **WHAT?** "What part of my Self was hurt or threatened and that I reacted to?" (64: 3, 65: 1)

- ❖ Now for each event in the Second Column, I write down in the Third Column what instincts of my Self were hurt or threatened by the person, place, or thing. I consider the 'three S's of Self': Security (material and emotional), Society/Self-esteem (fear for very existence), Sex (and relationship, companionship) instincts. [See *12&12*, p. 49: 0] Also the 'actor's roles' I play. How do my own negative feelings and reactions, my own worn out defenses, affect me?
- ❖ **Third Column lesson:** I discover that what leads me to a drink is not who or how they hurt me, but **the way I RE-ACT** to what part of myself that was threatened. My own reactions and my own thought-habits lead me to drink.

Grudge List

<b>First Column: Who? Who</b>	<b>Second Column: How? How</b>	<b>Third Column: What? What</b>
<b>Hurt or Threatened Me?</b>	<b>have they hurt me?</b>	<b>part of my Self was affected</b>
<i>Mr. Brown</i>	<i>May get my job.</i>	<b>and that I reacted to?</b>
		<i>Self-esteem (fear)</i>
		<i>Security</i>

## STEP 4 REVIEW

2.) 2<sup>ND</sup> Working of Grudge List (65: 3-66: 2): **WHY?** "Why must I change?" Resentment is a waste of time. My anger leads to indignation and self-pity. I will drink again if I think this way. If I drink I will die spiritually, mentally, and physically.

3.) 3<sup>RD</sup> Working of Grudge List (66: 3-67: 1): **WHEN?** "When I am ready, what do I do?" *They, like ourselves, were sick too. We asked God to help us. We avoid retaliation.* (67: 0,1)  
Relaxation Meditation / prayer. \*

4.) 4<sup>TH</sup> Working of Grudge List (67: 2): **WHERE?** "Where am I responsible?" *Disregard the other person involved entirely.* (67: 2)

- ❖ Now that I have completed the three column chart, I ask myself: What have I done to cause myself to feel this way? When have I done this before?
- ❖ What did I do in my conduct in relationship to this person, place, or thing to cause me to feel *restless, irritable and discontented?* (xxviii: 4) Do I have unreasonable expectations? Have I been acting out of fear? What am I afraid of? Do my own reactions lead me to be hurt and to hurt others? How old is my behavior?
  - **Other Columns Lessons:** What is my part? [See motives 86: 2]
    - Where was I **selfish** (self-absorbed)?
    - Where was I **dishonest** (believing my own lies, or not genuine)?
    - Where was I **self-seeking** (wanting to control or be controlled by someone else)? (67: 2)
    - Where was I **frightened** (where did self-reliance fail me)? (68 :1)
    - Where was I **at fault** (out of bounds, or missing the mark)?
    - What could I have done instead? (69: 1,3)
- ❖ Answers to these questions will help me find my character defects, shortcomings, defenses, and the *exact nature of our wrongs* that I will address in Step 5 (59: 2). [We learned that if we were seriously disturbed, our first need was to quiet that disturbance, regardless of who or what we thought caused it. 12&12, 47: 2]
- ❖ [AND: I may write about how these old worn out defenses blocked me from growing up and growing spiritually - false pride, perfectionism, being phony, selfishness, impatience, self-pity, resentments, intolerance, alibis, dishonest thinking, putting things off, guilt and shame, fear, taking things for granted, etc., etc.]

### STEP 4 TURNAROUNDS **WILLING** to change \* MEDITATION / PRAYER:

- ❖ **Anger:** The one that hurt or threatened me is also a sick person. I deeply wish for them (and me) the same serenity and peace of mind that I would have for myself. God, of my understanding, save me from being hurt, threatened, insulted, or angry. How may I help them? (67: 0; 552: 1) (I say this for myself too)
- ❖ **Fear:** I pray that my fear be removed and my attention directed to being who you would have me be today. May thy will, not mine, be done. (68: 3)
- ❖ **Relationship/Sex:** *We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing.*(70: 2)
- ❖ **Willing to change:** Today I may meditate, go to a meeting, talk with my sponsor so I am more open to my higher power and less restless, irritable and discontent. Today I do not have to be hurt or to hurt myself, and I do not have to drink.