

STEP 4 BIG BOOK ALCOHOLICS ANONYMOUS

Chapter 5, pp 63: 4 – 67: 2 – Annotated to show four workings of list

69: 3 *"In other words, we treat [resentment, fear or] sex[/relationship conduct] as we would any other problem."* [ie: MAKE A LIST, etc.]

[THE FOUR WORKINGS OF OUR GRUDGE LIST: 1st-2nd-3rd-4th

1st Who-How-What; 2nd Why; 3rd When; 4th Where & Willing

1st Who (resentful at?);
How (hurt us?);
What (part of self affected?)

2nd Why (do this work?)

3rd When (ready to change, what do we do?) {Turnaround}

4th Where (were we at fault?)
& Willing (to change?)]

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63:4 “Next we launched out on a course of vigorous action, the first step of which is a personal housecleaning,

64:0 “which many of us had never attempted. Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. So we had to get down to causes and conditions.

64:1 “Therefore, we started upon a personal inventory. This was Step Four. A business which takes no regular inventory usually goes broke. Taking a commercial inventory is a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade. One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret. If the owner of the business is to be successful, he cannot fool himself about values.

64:2 “We did exactly the same thing with our lives. We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations.

STEP 4 NOTES SUPPLEMENT p38+ A-B-C-D

	Brown may get my job	Security; Self-esteem (fear)
"Mrs. Jones	She's a nut	Pers relat. Self-esteem (fear)
	She snubbed me	
	Committed her husband for drinking he's my friend	
	She's a gossip	
"My employer	Unreasonable, unjust overbearing	Self-esteem (fear) Security
	Threatens to fire me for drinking etc.	
"My wife	Misunderstands & nags	Pride
	Likes Brown	Sex relations
	Wants house in her name	Security (fear)

65:3 "We went back through our lives. Nothing counted but thoroughness and honesty. When we were finished

[2nd WHY should we look at this?]

[2nd] "we considered IT [LIST] carefully. The first thing apparent 66:0 was that this world and its people were often quite wrong. To conclude that others were wrong was as far as most of us ever got. The usual outcome was that people continued to wrong us and we stayed sore. Sometimes it was remorse and then we were sore at ourselves. But the more we fought and tried to have our own way, the worse matters got. As in war, the victor only seemed to win. Our moments of triumph were short-lived.

66:1 "It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. **[WHY] We found that it is fatal.** For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die.

STEP 4 NOTES SUPPLEMENT p38+ A-B-C-D

66:2 “If we were to live, we had to be free of *anger*. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics these things are poison.

[3rd WHEN we were ready... {Turnaround}]

[3rd] 66:3 “We turned back to the LIST, for it held the key to the future. We were prepared to look at it from an entirely different angle. We began to see that [WHO] the *world and its people* really dominated us. In that state, the [HOW] *wrong-doing of others*, fancied or real, [WHAT] had *power to actually kill*. How could we escape? We saw that these resentments must be mastered, but how? We could not wish them away any more than alcohol.

[REPEAT:]

66:4 “This was our course: We realized that [WHO] the *people who wronged us* were perhaps spiritually sick.

67:0 “Though we did not like [HOW] *their symptoms* and the [WHAT] *way these disturbed us*, they, like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. [WHEN] When a person offended we said to ourselves, “*This is a sick man*. How can I be helpful to him? God save me from being angry. Thy will be done.”

67:1 “We avoid retaliation or argument. We wouldn't treat sick people that way. If we do, we destroy our chance of being helpful. We cannot be helpful to all people, but at least God will show us how to take a kindly and tolerant view of each and every one.

[4th WHERE at fault? & WILLING to set things straight.]

[4th] 67:2 “Referring to our LIST again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes.

[WHERE] Where had we been selfish, dishonest, self-seeking and frightened? [*motives 86: 2*] Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's. When we saw our faults we LISTed them. We placed them before us *in black and white* [LIST]. We admitted our wrongs honestly and were [WILLING] willing to set these matters straight.”