

Surrender School Step Study

Work the steps using a “Study Guide for Overeaters”

Step Four Part 1 (**Resentments**)

[Pages 25-36](#) and Video [Session E](#)

Big Book “*How It Works*” –[Pages 63-67](#)

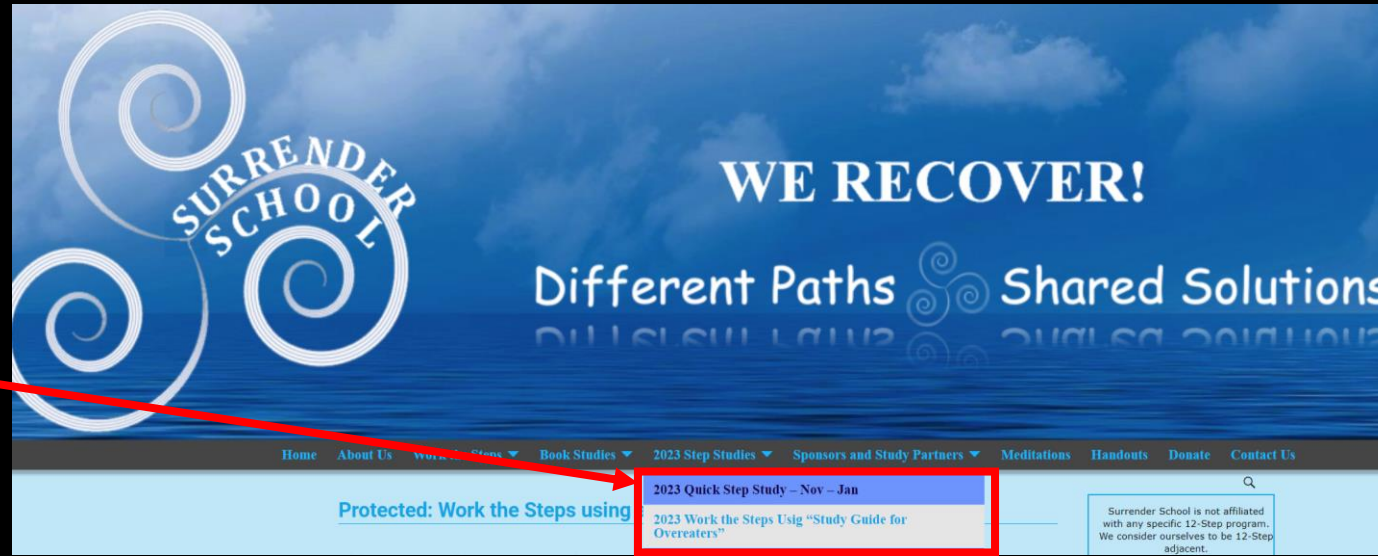
SET ASIDE PRAYER

God, please set aside everything I think I know about myself, my emotional sobriety, the 12 Steps and You; for an open mind and a new experience of myself, my emotional sobriety, the 12 Steps and especially You!

LINK:

<https://surrenderschool.org/wt-s-usingastudyguide/>

Password: **Surrender2023!**



1. Read the [Study Guide \(Step Four—Resentments\)](#), pages 25-36
2. Optional Homework:
 1. Watch the [video of Step 4 Session E: Homework](#) and [view the slide show](#).
 2. Read: Big Book ["How It Works,"](#) pages bottom 63-67
 3. Listen to these *OA Podcasts on Step Four*.
 1. [Step 4](#) by Susan G. from *A Design for Living*
 2. [Step Four](#) from *Overeaters Anonymous: "The Importance of Working All Twelve Steps"* podcast series
3. Watch [video for Session E](#)
4. Optional: Complete the [resentments form](#)

Step Four

“Made a searching and fearless moral inventory of ourselves.”

SESSION E – STEP 4
2023 STEP STUDY

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Step Four:

I think you’ll find that Step Four the Big Book way is really very simple and very fast, much simpler and faster than many of the Step Four methods that are popular in OA.

Last chapter we discussed Step Three. We learned that from the Big Book perspective, it is simply making a decision to go on with the Twelve Steps. ***“This was only a beginning,”*** the Big Book says on page 63. And it says further, on page 64: ***“Though our decision [Step Three] 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.”***

Step Four – [Pages 25-36](#) and Video [Session E](#)
Big Book “*How It Works*” –[Pages 63-67](#)

In Step Two we learned that our Higher Power, which is deep down within us, was blocked off from us (“**obscured**”, the Big Book says) because of calamities, pomp, and worship of other things (page 55). In Step Three we made a decision to place our will and our lives into the care of our Higher Power. What we have to do now is to be rid of those things in ourselves which have been blocking us from our Higher Power. When we get rid of the things that block us from our Higher Power, we will find that our Higher Power enters into our lives. The task at hand is to get rid of the blocks.

Step Four BEGINS this process of unblocking.



[Video Link: 7:25 – 9:04](#)

Step Four – [Pages 25-36](#) and Video [Session E](#)
Big Book “*How It Works*” – [Pages 63-67](#)

That Step Four is not the entire inventory process is made clear by the discussion on pages 64 and 65. “Therefore, we STARTED upon a personal inventory. This was Step Four.” The Big Book compares our personal inventory with a business inventory. It says that the purpose of a business inventory is “to discover the truth about the stock-in-trade.”

That Step Four is not the entire inventory process is made clear by the discussion on pages 64 and 65. “Therefore, we STARTED upon a personal inventory. This was Step Four.” The Big Book compares our personal inventory with a business inventory. It says that the purpose of a business inventory is “to discover the truth about the stock-in-trade.”



[Video Link: 8:33 – 9:53](#)

Step Four – [Pages 25-36](#) and Video [Session E](#)
Big Book “*How It Works*” – [Pages 63-67](#)

[Video Link:](#)
[10.12 – 11:56](#)



Within RESENTMENT there are 4 main character defects:
1. Self Will 2. Dishonesty 3. Self Seeking, 4. Fear

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

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ALCOHOLICS ANONYMOUS

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.

Step Four – [Pages 25-36](#) and Video [Session E](#)
Big Book “*How It Works*” –[Pages 63-67](#)

The Big Book compares our personal inventory with a business inventory. It says that the purpose of a business inventory is “***to discover the truth about the stock-in-trade.***” In a business inventory, we look at the good and the bad of our business—what sells and what doesn’t sell, what’s in good shape and what’s in bad shape.

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.

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 Four – [Pages 25-36](#) and Video [Session E](#)
Big Book “*How It Works*” – [Pages 63-67](#)

Overview:

Let’s start with the overview. The Big Book suggests that in Step Three we were “**convinced that self, manifested in various ways, was what had defeated us**” (page 64). ***The Big Book has three aspects of self that it wants us to look at.***

The first is resentments, and we’ll deal with them in this and the next chapter. We will find, I think, that a resentment is, in its broadest sense, the concept that “the past didn’t go my way”.

The second aspect of self, which we’ll deal with the chapter after next, is fear. We will find, I think, that a fear is, in its broadest sense, the concept that “the future won’t go my way”.

The third aspect of self, which we’ll also deal with the chapter after next, is sex conduct. We will find, I think, that the purpose of dealing with sex conduct is to figure out how we should handle the most difficult of relationships in order to have good relationships of every kind.

So the Big Book’s ordering of Step Four is basically dealing with the Past, dealing with the Future, and then learning how to live in the present with other people. It’s very simple and very powerful!

Step Four – [Pages 25-36](#) and Video [Session E](#)
Big Book “*How It Works*” –[Pages 63-67](#)

Resentment is the “number one” offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry. We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships

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(including sex) were hurt or threatened. So we were sore. We were “burned up.”

Step Four – [Pages 25-36](#) and Video [Session E](#)
Big Book “*How It Works*” – [Pages 63-67](#)

Step Four—Resentments:

So let’s start with resentments — what the Big Book calls **“the ‘number one’ offender.”** (page 64)

What is a resentment? It is something on our minds that we resent. **Now “resentment” is broader than “anger”.** It includes anger, but it goes much farther. Its Latin roots mean “to feel over and over”, and it’s best described as anything that’s living rent-free in your mind, things that you regret, things that anger you or that frustrate you, things that you wish had happened or hadn’t happened, the what-ifs or if-lys of our lives.



[Video Link:](#)
[13:46 - 16:01](#)

You can consider a resentment as something or somebody that you’re angry at because it occupies your mind. In a sense, then, you’re angry at people to whom you’ve done wrongs, because your guilt continues to occupy your mind. That sense of resentment allows you to broaden the concept of anger beyond the dictionary definition.

In one way or another, a resentment, then, is that what happened in the past just didn’t go your way. It’s what we discovered in Step Three—that we want to be in charge, and that life hasn’t gone our way.

Step Four – [Pages 25-36](#) and Video [Session E](#)
Big Book “*How It Works*” – [Pages 63-67](#)

The first instruction the Big Book gives is to list “**people, institutions or principles with whom we were angry**” (Page 64). It is true that the Big Book uses the word “angry”. I can only suggest that listing people, institutions, or principles that you resent (or that you are “angry” at because they occupy your mind) is very very helpful.

People are people. You make a list of people who are living rent-free in your mind.

Institutions are institutions—groups of people.

Principles, however, are not defined in the Big Book and are not easy to define. I find that it's very helpful to consider “principles” as meaning “ideas that seem to be true that bother me”.

Here are some examples:

- I'll never get thin.
- There will always be terrible suffering in this world.
- I can never eat French fries again.
- Life sucks, and then you die.
- People ignore me.
- I'll never amount to anything.
- This program will never work.
- I'm fat and ugly and unlovable.
- No one understands my pain.



[Video Link: 16:01 - 19:45](#)

Don't put yourself down—but do put down principles about yourself that bother you. That will give you true insight into issues relating to you.

Study from the bottom of page 63 to the end of page 65 and then follow its instructions: a) List all people, institutions and principles (Column 1) from top to bottom.

I'm resentful at: (1)
Co-Worker (People)
International Governments (Institution)
I will never recover! (Principle)

Clear Form		The "BIG BOOK'S" Way to Be Rid of Resentment (pages 63—67)			
INSTRUCTIONS:		Affects my: (3)		DON'T FORGET THIS!	
Study from the bottom of page 63 to the end of page 65 and then follow its instructions: a) List all people, institutions and principles (Column 1) from top to bottom. b) List all "causes" (Column 2), top to bottom. c) Do all six instincts in Column 3 from top to bottom for each "cause". d) Consider the first three columns carefully. e) Then, complete Column 4 from top to bottom.		Self-Esteem	Personal Relations	Sex Relations	Core Character Defects (4)
I'm resentful at: (1)	The causes: (2)	Security (Pkt. Books)	Ambitions	Is any fear involved?	"Putting out of our minds the wrongs others have done, [use bold lines to cover Columns 2 and 3] we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? . . . [D]isregard the other person involved entirely. Where were we to blame? . . . 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." (page 67)
					Selfish:
					Dishonest:
					Self-Seeking:
					Frightened:
					Selfish:
					Dishonest:
					Self-Seeking:
					Frightened:
					Selfish:
					Dishonest:
					Self-Seeking:
					Frightened:

Filling out the resentment form: [Video Link: 21:32 - 22:17](#)

COLUMN ONE:

The first instruction is simply to make a list. If you use the form available on the web site, you'll see that each form has room for three names of people or institutions or principles.

principles (Column 1) from top to bottom. b) List all causes (Column 2), top to bottom. c) Do all six instincts in Column 3 from top to bottom for each "cause". d) Consider the first

Affects my: (3)					
Self-Esteem	Security (Pkt. Books)	Ambitions	Personal Relations	Sex Relations	Is any fear involved?
	✓	✓	✓		✓
✓	✓	✓	✓		✓
✓	✓	✓	✓	✓	✓

Clear Form

The "BIG BOOK'S" Way to Be Rid of Resentment (pages 63—67)

INSTRUCTIONS:
 Study from the bottom of page 63 to the end of page 65 and then follow its instructions: a) List all people, institutions and principles (Column 1) from top to bottom. b) List all "causes" (Column 2), top to bottom. c) Do all six instincts in Column 3 from top to bottom for each "cause". d) Consider the first three columns carefully. Then, complete Column 4 from top to bottom.

I'm resentful at: (1)
 Co-Worker (People)

The causes: (2)
 KNOWINGLY coming to work sick (COVID) and infecting my entire team!

Governments (Institution) many innocent people.

I will never recover! (Principle) The weight is causing health issues. I am running out of time to fix the health issues caused by extra weight!

Affects my: (3)
 Security (Pkt. Books) _____
 Ambitions _____
 Personal Relations _____
 Sex Relations _____
 Is any fear involved? _____

Core Character Defects (4)
 Selfish: _____
 Dishonest: _____
 Self-Seeking: _____
 Frightened: _____
 Selfish: _____
 Dishonest: _____
 Self-Seeking: _____
 Frightened: _____
 Selfish: _____
 Dishonest: _____
 Self-Seeking: _____
 Frightened: _____

DON'T FORGET THIS! Putting out of our minds the wrongs others have done, [use fold lines to cover Columns 2 and 3] we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? . . . [D]isregard the other person involved entirely. Where were we to blame? . . . 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." (page 67)

COLUMN THREE:

The third instruction is to ask ourselves "Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with?" (page 65). (You'll note at the bottom of page 64, a similar set of categories, but with "pocketbooks"—wallets or purses—instead of "security".) The resentment form has separate sub columns for each one of these concepts. As well, because the example at the bottom of page 65 has "fear" in that third column as well, the form has a separate sub-column for fear.

Self-esteem means how I feel about myself. Security means how safe I feel, including financially safe. Ambitions means what I want out of life. Personal relations, sex relations, and fear, are obvious. So for each one of the "causes" (column two) we put check-marks where each one of these sub-categories has been affected.

[Video Link: 29:54 - 33:16](#)

from top to bottom for each "cause". d) Consider the first three columns carefully. e) Then, complete Column 4 from

The "BIG BOOK'S" Way to Be Rid of Resentment (pages 63—67)

Clear Form

INSTRUCTIONS:

Study from the bottom of page 63 to the end of page 65 and then follow its instructions: a) List all people, institutions and principles (Column 1) from **top to bottom**. b) List all "causes" (Column 2), **top to bottom**. c) Do all six instincts in Column 3 from **top to bottom** for each "cause". d) Consider the first three columns carefully. e) Then, complete Column 4 from **top to bottom**.

I'm resentful at: (1) **The causes: (2)**

		Self-Esteem	Security (Pkt. Books)	Ambitions	Personal Relations	Sex Relations	Is any fear involved?
Co-Worker (People)	KNOWINGLY coming to work sick (COVID) and infecting my entire team!	✓	✓	✓	✓	✓	✓
International Governments (Institution)	Declaring war and hurting so many innocent people.	✓	✓	✓	✓	✓	✓
I will never recover! (Principle)	The weight is causing health issues. I am running out of time to fix the health issues caused by extra weight!	✓	✓	✓	✓	✓	✓

Affects my: (3) **Core Character Defects (4)**

DON'T FORGET THIS! Putting out of our minds the wrongs others have done, [use bold lines to cover Columns 2 and 3] we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? . . . [D]isregard the other person involved entirely. Where were we to blame? . . . 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." page 67)

DON'T FORGET THIS! Study from the bottom of page 65 to end of the 3rd paragraph on page 67, and then follow the instructions. Go to each person who has harmed you or someone and say "_____ is spiritually sick." Don't forget to say the Resentment Prayer (Lines 3-5, page 67), "God, please help me show _____ the same tolerance, pity and patience I would cheerfully grant a sick friend" for each and every person who has harmed you, themselves or someone else in Column 1 prior to starting Column 4.

Selfish: _____
Dishonest: _____
Self-Seeking: _____
Frightened: _____

Selfish: _____
Dishonest: _____
Self-Seeking: _____
Frightened: _____

Selfish: _____
Dishonest: _____
Self-Seeking: _____
Frightened: _____

So we look at these people (column one), "their symptoms" (column two), "and the way these disturbed us" (column three). We find that these people were sick too. And we're given a prayer to say. **"We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend."** There's the prayer: **"God, please help me show _____ the same tolerance, pity, and patience, that I would cheerfully grant a sick friend."**

[Video Link: 42:43 - 43:55](#)

Study from the bottom of page 65 to end of the 3rd paragraph on page 67, and **then** follow the instructions. Go to each person who has harmed you or someone and say "_____ is spiritually sick." Don't forget to say the Resentment Prayer (Lines 3-5, page 67), "God, please help me show _____ the same tolerance, pity and patience I would cheerfully grant a sick friend" for each and every person who has harmed you, themselves or someone else in Column 1 prior to starting Column 4.

DON'T FORGET THIS!

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2023 STEP STUDY

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Clear Form

The "BIG BOOK'S" Way to Be Rid of Resentment (pages 63—67)

INSTRUCTIONS:		Affects my: (3)				DON'T FORGET THIS!	Core Character Defects (4)				
I'm resentful at: (1)	The causes: (2)	Self-Esteem Security (Pkt. Books)	Ambitions	Personal Relations	Sex Relations	Is any fear involved?					
<p>Study from the bottom of page 63 to the end of page 65 and then follow its instructions: a) List all people, institutions and principles (Column 1) from top to bottom. b) List all "causes" (Column 2), top to bottom. c) Do all six instincts in Column 3 from top to bottom for each "cause". d) Consider the first three columns carefully. e) Then, complete Column 4 from top to bottom.</p>		<p>Study from the bottom of page 65 to end of the 3rd paragraph on page 67, and then follow the instructions. Go to each person who has harmed you or someone and say "is spiritually sick." Don't forget to say the Resentment Prayer (Lines 3-5, page 67), "God, please help me show _____ the same tolerance, pity and patience I would cheerfully grant a sick friend" for each and every person who has harmed you, themselves or someone else in Column 1 prior to starting Column 4.</p>				<p>"Putting out of our minds the wrongs others have done, [use fold lines to cover Columns 2 and 3] we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? . . . [D]isregard the other person involved entirely. Where were we to blame? . . . 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." (page 67)</p>					
Co-Worker (People)	KNOWINGLY coming to work sick (COVID) and infecting my entire team!						✓	✓	✓	✓	<p>Selfish: I only cared how their absences would impede me.</p> <p>Dishonest: Told myself I could handle the workload and did not ask for help</p> <p>Self-Seeking: Want acknowledgement for a job well done (martyr) .</p> <p>Frightened: That management would find out I could not do my job. Seen as LESS than.</p>
International Governments (Institution)	Declaring war and hurting so many innocent people.						✓	✓	✓	✓	<p>Selfish: I want to live in a peaceful world!</p> <p>Dishonest: That this "really" doesn't have any affect on my day-to-day life.</p> <p>Self-Seeking: I am tired of feeling depressed after watching the news.</p> <p>Frightened: I am fearful of terrorist attacks near me. Fear of lifestyle changes.</p>
I will never recover! (Principle)	The weight is causing health issues. I am running out of time to fix the health issues caused by extra weight!						✓	✓	✓	✓	<p>Selfish: Expectation of PERFECTION.</p> <p>Dishonest: No recovery → no healthy body → I am unlovable.</p> <p>Self-Seeking: Taking from the program and never giving back. I want to be slim.</p> <p>Frightened: The fear is that it is true→ and I am unlovable. I am unlovable</p>

Step Four – [Pages 25-36](#) and Video [Session E](#)

Big Book “How It Works” – [Pages 63-67](#)

People → Cause → Affect

INSTRUCTIONS:		Affects my: (3)				DON'T FORGET THIS!	Core Character Defects (4)		
<p>Study from the bottom of page 63 to the end of page 65 and then follow its instructions: a) List all people, institutions and principles (Column 1) from top to bottom. b) List all "causes" (Column 2), top to bottom. c) Do all six instincts in Column 3 from top to bottom for each "cause". d) Consider the first three columns carefully. e) Then, complete Column 4 from top to bottom.</p>		Self-Esteem	Security (Pkt. Books)	Ambitions	Personal Relations	Sex Relations	Is any fear involved?	<p>Don't forget to say the same tolerance, pity and every person who has harmed you, themselves or</p>	<p>"Putting out of our minds the wrongs others have done, [use fold lines to cover Columns 2 and 3] we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? . . . [D]isregard the other person involved entirely. Where were we to blame? . . . 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." (page 67)</p>
I'm resentful at: (1)	The causes: (2)	Self-Esteem	Security (Pkt. Books)	Ambitions	Personal Relations	Sex Relations	Is any fear involved?		
Co-Worker (People)	KNOWINGLY coming to work sick (COVID) and infecting my entire team!		✓	✓	✓		✓	<p>Selfish: I only cared how their absences would impede me.</p> <p>Dishonest: Told myself I could handle the workload and did not ask for help</p> <p>Self-Seeking: Want acknowledgement for a job well done (martyr) .</p> <p>Frightened: That management would find out I could not do my job. Seen as LESS than.</p>	

- Cause** – Self-Centered: **Affect:** “I honestly did not care about the health of my employee, what about me.”
- Cause** – Proudful: **Affect:** “I don’t want my manager to think I can’t do the job because I did not ask for help.”
- Cause** – Self-sufficient: **Affect:** “Why didn’t I just ask for help. Now I must work late and lose sleep.”

Step Four – [Pages 25-36](#) and Video [Session E](#)
 Big Book “How It Works” – [Pages 63-67](#)

Institutions → Cause → Affect

INSTRUCTIONS:		Affects my: (3)					DON'T FORGET THIS!	Core Character Defects (4)
<p>Study from the bottom of page 63 to the end of page 65 and then follow its instructions: a) List all people, institutions and principles (Column 1); from top to bottom. b) List all "causes" (Column 2), top to bottom. c) Do all six instincts in Column 3 from top to bottom for each "cause". d) Consider the first three columns carefully. e) Then, complete Column 4 from top to bottom.</p>		Self-Esteem	Security (Pkt. Books)	Ambitions	Personal Relations	Sex Relations	Is any fear involved?	<p>"Putting out of our minds the wrongs others have done, [use fold lines to cover Columns 2 and 3] we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? . . . [D]isregard the other person involved entirely. Where were we to blame? . . . 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." (page 67)</p>
I'm resentful at: (1)	The causes: (2)							
International Governments (Institution)	Declaring war and hurting so many innocent people.	✓	✓	✓	✓	✓	<p>Selfish: I want to live in a peaceful world!</p> <p>Dishonest: That this "really" doesn't have any affect on my day-to-day life.</p> <p>Self-Seeking: I am tired of feeling depressed after watching the news.</p> <p>Frightened: I am fearful of terrorist attacks near me. Fear of lifestyle changes.</p>	

Cause – International War: **Affect:** “USA support could bring attacks near me.”

Principles → Cause → Affect

INSTRUCTIONS:		Affects my: (3)					DON'T FORGET THIS!	Core Character Defects (4)
<p>Study from the bottom of page 63 to the end of page 65 and then follow its instructions: a) List all people, institutions and principles (Column 1); from top to bottom. b) List all "causes" (Column 2), top to bottom. c) Do all six instincts in Column 3 from top to bottom for each "cause". d) Consider the first three columns carefully. e) Then, complete Column 4 from top to bottom.</p>		Self-Esteem	Security (Pkt. Books)	Ambitions	Personal Relations	Sex Relations	Is any fear involved?	<p>"Putting out of our minds the wrongs others have done, [use fold lines to cover Columns 2 and 3] we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? . . . [D]isregard the other person involved entirely. Where were we to blame? . . . 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." (page 67)</p>
I'm resentful at: (1)	The causes: (2)							
I will never recover! (Principle)	The weight is causing health issues. I am running out of time to fix the health issues caused by extra weight!	✓	✓	✓	✓	✓	<p>Selfish: Expectation of PERFECTION.</p> <p>Dishonest: No recovery → no healthy body → I am unlovable.</p> <p>Self-Seeking: Taking from the program and never giving back. I want to be slim.</p> <p>Frightened: The fear is that it is true → and I am unlovable. I am unlovable</p>	

Cause – Self Hatred: **Affect:** “What's wrong me? Was the info I provided flawed!”

Cause – Self Acceptance: **Affect:** “I may never know what it like to be at peace with food!”

Cause – Poor Self Esteem: **Affect:** “I do not like the way that I look.”

Core Character Defects (4)

"Putting out of our minds the wrongs others have done, [use fold lines to cover Columns 2 and 3] we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? . . . [D]isregard the other person involved entirely. Where were we to blame? . . . 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." (page 67)

[Video Link: 55:21 - 57:14 \(Examples: Selfish, Dishonest, Self-Seeking, Fear\)](#)

Study from the bottom then follow its instructions to cover Columns 2 and 3] we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? . . . [D]isregard the other person involved entirely. Where were we to blame? . . . 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." (page 67)	
I'm resentful at: (1) Co-Worker (People)	<p>Selfish: I only cared how their absences would impede me.</p> <p>Dishonest: Told myself I could handle the workload and did not ask for help</p> <p>Self-Seeking: Want acknowledgement for a job well done (martyr) .</p> <p>Frightened: That management would find out I could not do my job. Seen as LESS than.</p>
International Governments (Institution)	<p>Selfish: I want to live in a peaceful world!</p> <p>Dishonest: That this "really" doesn't have any affect on my day-to-day life.</p> <p>Self-Seeking: I am tired of feeling depressed after watching the news.</p> <p>Frightened: I am fearful of terrorist attacks near me. Fear of lifestyle changes.</p>
I will never recover! (Principle)	<p>Selfish: Expectation of PERFECTION.</p> <p>Dishonest: No recovery → no healthy body = unlovable.</p> <p>Self-Seeking: Taking from the program and never giving back. I want to be slim.</p> <p>Frightened: The fear is that it is true → and I am unlovable. I am unlovable</p>

Step Four – [Pages 25-36](#) and Video [Session E](#) Big Book “*How It Works*” – [Pages 63-67](#)

Video Link: [44:20 - \(Freedom from Bondage - Page 552\)](#)

Questions:

So some questions:

- Are you spiritually sick? How?
- Are you able to look at people who have harmed you as spiritually sick? In what way?
- If you're trying page 552, exactly what do you want out of your life? What would you like for yourself?
- Do those people who have harmed you have anything like what you want to have for yourself?
- Do you see your selfishness, dishonesty, self-seeking, and fear? What patterns do you see in your relationships with others in that regard?
- Do you see how these four character defects are blocking you off from the sunlight of the spirit?

He said, in effect: “If you have a resentment you want to be free of, if you will pray for the person or the thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free. Ask for their health, their prosperity, their happiness, and you will be free. Even when you don't really want it for them and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it every day for two weeks, and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love.”

SESSION E - STEP 4
2023 STEP STUDY

SUBMITTENSCHOOL.ORG

Protected: Work the Steps using a "Study Guide for Overeaters"

This step study uses [A Study Guide for Overeaters](#) (available free from [oabigbook.info](#)).

This guide is one compulsive overeater's interpretation of the Big Book's direction for working the steps.

***Important Notice:** This study will be recorded in video/audio format and will be made available on the Surrender School website. To preserve the anonymity of the speaker at the public media level, please do not share the URL of this video on social media.

Need Zoom Instructions for this Step Study – [Click Here](#).

Join our Homework Group: [Register Here](#). You will get Zoom Instructions Immediately.

LINK:

<https://surrenderschool.org/wt-s-usingastudyguide/>

Password: **Surrender2023!**

Session F: Step Four (Fears & Sex Conduct):

1. Read the [Study Guide \(Step Four—Fears\)](#) pages 37-38
2. Read the [Study Guide \(Step Four—Sex Conduct\)](#), pages 39-41
3. Optional Homework:
 1. Watch the [video of Step 4 Session F: Homework](#) and [view the slide show](#).
 2. Watch the video of Step 4: [Session FB: Review of Steps 1, 2, 3, 4](#)
 3. Read: *Big Book "How It Works,"* pages bottom 67-71
 4. Listen to these *OA Podcasts on Step Four*.
 1. [How It Works Step 4](#) by Claudine B. from *Choose Your Own Conception OA Big Book Study*
 2. [How It Works: Step 4](#) by Kathy M. from *Choose your Own Conception OA Big Book Study*
 3. [Step 4 – Chapter 5 How It Works: A Presentation](#) by Janet B. from *RecoveryJam*
4. Watch [video for Session F](#)
5. Begin your [fears form](#) and your [sex conduct form](#)

SERENITY PRAYER

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.