

Surrender School Step Study

Work the steps using a “Study Guide for Overeaters”

Step Four – [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!**



Read the [Study Guide \(Step Four—Fears\)](#) pages 37-38

1. Read the [Study Guide \(Step Four—Sex Conduct\)](#), pages 39-41

2. 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*

3. Watch [video for Session F](#)

4. Begin your [fears form](#) and your [sex conduct form](#)

Step Four

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

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

Resentment Form

Review

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

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!	
<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>Security (Pkt. Books)</p> <p>Self-Esteem</p> <p>Ambitions</p> <p>Sex Relations</p> <p>Personal Relations</p> <p>Is any fear involved?</p>		<p>Core Character Defects (4)</p> <p>"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)</p>	
I'm resentful at: (1)	The causes: (2)			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.

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

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. e) Then, complete Column 4 from **top to bottom**.

Affects my: (3) DON'T FORGET THIS!
 Security (Pt. Books) Self-Esteem
 Personal Relations Sex Relations
 Ambitions
 Is any fear involved?
 "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)

Core Character Defects (4)

I'm resentful at: (1)

The causes: (2)

Co-Worker (People)

International Governments (Institution)

I will never recover! (Principle)

Selfish:
 Dishonest:
 Self-Seeking:
 Frightened:

Selfish:
 Dishonest:
 Self-Seeking:
 Frightened:

Selfish:
 Dishonest:
 Self-Seeking:
 Frightened:

The causes: (2)

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!**

The second instruction is to ask "why we were angry" (page 64), or what "our injuries" were (page 65).

We are to write short and to-the-point description of the various things that put these people or these institutions or these principles in our minds. We need to write only enough so that we know what we are talking about. We're not filling out this second column for anyone but ourselves.

[Video Link: 22:18 - 23:30](#)

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)

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) from 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)

Co-Worker (People) 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?

Self-Esteem

Is any fear involved?

Resentment Prayer (Lines 3-5, page 67), "God, please help me show 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.

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)

Selfish:

Dishonest:

Self-Seeking:

Frightened:

Selfish:

Dishonest:

Self-Seeking:

Frightened:

Selfish:

Dishonest:

Self-Seeking:

Frightened:

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

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."**

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. 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) (Columns 3-6)

Core Character Defects (4) (Columns 7-10)

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

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

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

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

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.

[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!

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)								
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 4 - Fear

Work the steps using a “Study Guide for Overeaters”

Step Four – PAGES 37-38 and Video Session F

Big Book “*How It Works*” – Pages 67 - 68

Step Four

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

we think fear ought to be classed with stealing. It seems to cause more trouble.

We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them. We asked ourselves why we had them. Wasn't it because self-reliance failed us? Self-reliance was good as far as it went, but it didn't go far enough. Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. When it made us cocky, it was worse.

Perhaps there is a better way—we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity.

Matching calamity with serenity : the ability to maintain inner-peace and serenity regardless of life's circumstances.

Step Four—Fears:

If resentments are basically “The past didn’t go my way”, **then fears are basically “The future won’t go my way.”** You cannot feel fear about something that has happened in the past. Fear is always an emotion that comes from imagining what will happen and not wanting that to happen.

The Big Book at page 67 says that fear ***“somehow touches about every aspect of our lives. It set in motion trains of circumstances which brought us misfortune we felt we didn’t deserve.”***

The instructions are pretty clear, and the form makes them even clearer.

Step Four – [PAGES 37-38](#) and Video [Session F](#)
Big Book “*How It Works*” – [Pages 67 - 68](#)



[Video Link: 8:14 - 9:07](#)

Page 65 – AA’s Big Book

<i>I'm resentful at:</i>	<i>The Cause</i>	<i>Affects my:</i>
Mr. Brown	His attention to my wife. Told my wife of my mistress. Brown may get my job at the office.	Sex relations. Self-esteem (fear) Sex relations. Self-esteem (fear) Security. Self-esteem (fear)
Mrs. Jones	She's a nut—she snubbed me. She committed her husband for drinking. He's my friend. She's a gossip.	Personal relationship. Self-esteem (fear)

Notice that the word “fear” is bracketed alongside the difficulties with Mr. Brown, Mrs. Jones, the employer, and the wife. This short word somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it. It set in motion trains of circumstances which brought us misfortune we felt we didn't deserve. But did not we, ourselves, set the ball rolling? Sometimes

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ALCOHOLICS ANONYMOUS

we think fear ought to be classed with stealing. It seems to cause more trouble.



Step Four – [PAGES 37-38](#) and Video [Session F](#) Big Book “*How It Works*” –[Pages 67 - 68](#)

Filling out the Fear Form:

First “we put them on paper, even though we had no resentment in connection with them” (68).

Column One:

So we set out all the fears we have, **including those we discovered in the resentment form**, both in column 3 (where we asked whether fear was involved) and in column 4 (**where we asked ourselves where we were frightened**), as well as fears that didn’t make it to the resentment list because we didn’t think about them all the time.

I have put down some standard fears—fears of death, of pain, of financial insecurity, of something bad happening to loved ones, of not being happy, of not losing weight—and fears relating to individuals on my resentment list—fear of telling someone something that should be said, fear of following through on a particular decision that might affect others, fear of political conflict or social or economic or geographic disasters. I’ve put down all kinds of fears. I simply listed them, nothing more.

That’s column one. I fill out all of column one before I go on to column two.

Step Four – [PAGES 37-38](#) and Video [Session F](#) Big Book “How It Works” – [Pages 67 - 68](#)

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)

Selfish: I only cared how their absences would impede me.

Dishonest: Told myself I could handle the workload and did not ask for help

Self-Seeking: Want acknowledgement for a job well done (martyr) .

Frightened: That management would find out I could not do my job. **Seen as LESS than.**

Selfish: I want to live in a peaceful world!

Dishonest: That this “really” doesn’t have any affect on my day-to-day life.

Self-Seeking: I am tired of feeling depressed after watching the news.

Frightened: I am fearful of terrorist attacks near me. **Fear of lifestyle changes.**

Selfish: Expectation of PERFECTION.

Dishonest: No recovery → no healthy body = unlovable.

Self-Seeking: Taking from the program and never giving back. I want to be slim.

Frightened: The fear is that it is true → and I am unlovable. **I am unlovable**

I'm fearful of: (1)	Why do I have the fear? (2)
Seen as LESS than. (Perfectionism)	Fear if allowed you to see me to see the flawed individual, you will reject me. (Fear of rejection)
Fear of lifestyle changes. (Negative Thinking)	If there is an attack on the USA, I may be hurt. Who would take care of me? I have no one.
I am unlovable. (Self Pity)	Consistent relapse. Past failures to get recovered! Failed to stay in recovery – right sized body.

Column Two:

Then the Big Book says “*We asked ourselves why we had them.*” (page 68) So I asked myself why I had each fear

That’s column two. I fill out all of column two **before** I go on to column three.

I'm fearful of: (1)	Why do I have the fear? (2)	W m rel
Seen as LESS than. (Perfectionism)	Fear if I allow you to see me as the flawed individual I am, you will reject me. (Fear of rejection)	Inf G
Fear of lifestyle changes. (Negative Thinking)	If there is an attack on the USA, I may be hurt. Who would take care of me? I have no one.	Inf G
I am unlovable. (Self Pity)	Consistent relapse. Past failures to get recovered! Failed to stay in recovery – right sized body.	Inf G



[Video Link: 23:45 - 25:20](#)

Columns Three and Four:

But the Big Book has more instructions.

It asks us to acknowledge that **“self-reliance failed us”** and that **“we are now on a different basis; the basis of trusting and relying upon God.”** (page 68)

The form does this by setting out two questions.

Column three is whether we were placing our trust and reliance upon infinite God or our finite selves. Hmmmm. I wonder what the answer to that is going to be? We put a checkmark under “My finite self” for each of the fears we have. I fill out column three for each of my fears before going on to column four.

Column four is whether relying on ourselves worked. Hmmmm. Wonder what that answer is too? Of course it didn’t work. If it did work, I wouldn’t have these fears! We put a checkmark under “No” for each of the fears we have. I fill out column four for each of the fears before going on to column five.

r? (2)	Where was my trust & reliance? (3)		Did self reliance work? (4)		Fear Prayer: “God, please remove my fear and direct my attention to what you would have me be” (5)	What would God question for each
	Infinite God	My Finite Self	Yes	No	COMPLETED FEAR PRAYER? <input checked="" type="checkbox"/>	
	Infinite God	My Finite Self	Yes	No	COMPLETED FEAR PRAYER? <input checked="" type="checkbox"/>	
	Infinite God	My Finite Self	Yes	No	COMPLETED FEAR PRAYER? <input checked="" type="checkbox"/>	

[Video Link: 25:22 - 26:22](#)

Column Five:

Now comes column five. The Big Book says:
“We ask Him to remove our fear and direct our attention to what He would have us be.”

Here is the simple prayer, and column four just provides us with a box to check that we’ve said it: ***“God, please remove my fear of _____ and direct my attention to what you would have me be.”***

es No	Fear Prayer: “God, please remove my fear and direct my attention to what you would have me be” (5)	What would God have you be? Write out your answer to that question for each and every fear listed. (6)
es No	COMPLETED FEAR PRAYER? <input checked="" type="checkbox"/>	<u>Be of service to others. Be vulnerable with trusted friends. See myself as He sees me. (Flawed but lovable).</u>
es No	COMPLETED FEAR PRAYER? <input checked="" type="checkbox"/>	<u>To be a productive citizen and stay in the present.</u>
es No	COMPLETED FEAR PRAYER? <input checked="" type="checkbox"/>	<u>To first find a Power greater than me; Trust that Power; work the steps; don’t eat my alcoholic foods no matter what.</u>

[Video Link: 26:28 - 27:12](#)

Column Six:

And column six requires us to put down what we think that God would have us be. This requires some meditation, and the meditation will yield great rewards!

This is a brilliant prayer. Note it’s not “what you would have me do”, but “what you would have me be”. Here we are getting an insight into ourselves. It’s not a question of action (what God would have me do); it’s almost always a matter of attitude (**what God would have me be**) which may or may not result in action.

The answer is very often “to be the best I can be under the circumstances”—to be the best father, to be the best friend, maybe even simply to BE rather than to worry or spend my time thinking about useless fears. Or it could be as simple as “to be a person who doesn’t worry about these things”!

Whatever it turns out to be, you get a real sense of purpose and direction, which in turn relieves you of fear. And that is the promise we’re given at page 68: ***“At once, we commence to outgrow fear.”***

What would God have you be? Write out your answer to that question for each and every fear listed. (6)

[Be of service to others. Be vulnerable with trusted friends. See myself as He sees me. \(Flawed but lovable\).](#)

[To be a productive citizen and stay in the present.](#)

[To first find a Power greater than me; Trust that Power; work the steps; don't eat my alcoholic foods no matter what.](#)

Step Four – [PAGES 37-38](#) and Video [Session F](#) Big Book “*How It Works*” – [Pages 67 - 68](#)

Clear Form

THE BIG BOOK’S WAY OF REMOVING FEARS (PP. 67 & 68)

INSTRUCTIONS: **a)** Study from the bottom of page 67 to the bottom of page 68 in the book *Alcoholics Anonymous*. **b)** Complete column 1 (listing whom or what I am fearful of), **from top to bottom**. **c)** Complete the remaining columns from **top to bottom** for each fear in column 1. Remember that “we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. . . . Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity” (page 68).

I'm fearful of: (1)	Why do I have the fear? (2)	Where was my trust & reliance? (3)	Did self reliance work? (4)		Fear Prayer: “God, please remove my fear and direct my attention to what you would have me be” (5)	What would God have you be? Write out your answer to that question for each and every fear listed. (6)
<p>Seen as LESS than. (Perfectionism)</p>	<p>Fear if I allow you to see me as the flawed individual I am, you will reject me. (Fear of rejection)</p>	<p>Infinite God</p>	<p>My Finite Self</p>	<p>Yes <input type="checkbox"/> No <input checked="" type="checkbox"/></p>	<p>COMPLETED FEAR PRAYER? <input checked="" type="checkbox"/></p>	<p>Be of service to others. Be vulnerable with trusted friends. See myself as He sees me. (Flawed but lovable).</p>
<p>Fear of lifestyle changes. (Negative Thinking)</p>	<p>If there is an attack on the USA, I may be hurt. Who would take care of me? I have no one.</p>	<p>Infinite God</p>	<p>My Finite Self</p>	<p>Yes <input type="checkbox"/> No <input checked="" type="checkbox"/></p>	<p>COMPLETED FEAR PRAYER? <input checked="" type="checkbox"/></p>	<p>To be a productive citizen and stay in the present.</p>
<p>I am unlovable. (Self Pity)</p>	<p>Consistent relapse. Past failures to get recovered! Failed to stay in recovery – right sized body.</p>	<p>Infinite God</p>	<p>My Finite Self</p>	<p>Yes <input type="checkbox"/> No <input checked="" type="checkbox"/></p>	<p>COMPLETED FEAR PRAYER? <input checked="" type="checkbox"/></p>	<p>To first find a Power greater than me; Trust that Power; work the steps; don't eat my alcoholic foods no matter what.</p>
					<p>COMPLETED FEAR</p>	

Would someone volunteer to read?

We never apologize to anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness. Paradoxically, it is the way of strength. The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear.

Step 4 – **Sex Conduct**

Work the steps using a “Study Guide for Overeaters”

Step Four – [PAGES 39 - 41](#) and Video [Session F](#)

Big Book “*How It Works*” – [Pages 67 - 68](#)

Step Four

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

SESSION 7 - STEP 4E
2023 STEP STUDY

SUBBENDERSCHOOL.ORG

Step Four – [PAGES 39 - 41](#) and Video [Session F](#)
Big Book “*How It Works*” – [Pages 67 - 68](#)

Step Four—Sex Conduct:

If resentments are “**the past didn’t go my way**” and fears are “**the future won’t go my way**”, then why does the Big Book discuss Sex Conduct next? I think there’s a simple answer. The true purpose, the Big Book tells us, of the Sex Conduct Inventory is to try “***to shape a sane and sound ideal for our future sex life.***” (page 69)

The purpose of the Sex Conduct Inventory, therefore, is not to deal with our past sex conduct issues. We've dealt with them, if they bother us, under resentments. Nor is its purpose to deal with any sex conduct issues we're worried about in the future. We've dealt with them, if they bother us, under fears.

The purpose of the Sex Conduct Inventory is to figure out how to have a sound relationship right now, in the present, by analyzing out what we did wrong in the past and what we should do in the future, and to deal with the remaining three character defects of selfishness, dishonest, and self-seeking (inconsiderateness) by helping us understand from our past mistakes how we can have relationships that are unselfish, honest, and considerate.

Step Four—Sex Conduct: Column (1)

Filling out the Sex Conduct Form:

You will see on the form that there is a column for writing down “whom had we hurt”, and good advice is simply to fill that first column out first.

Whom did I hurt? (1)	Where was I (2)
Ex-Boyfriend	
Selfish:	I did not want to be alone; I stayed and continued using him for sex.
Dishonest:	I purposely flirting with others, in hopes of getting his attention.
Inconsiderate:	Instead of accepting the ending, I cared more about getting my desires met and getting even. I sought validation.

Step Four—Sex Conduct: Column (2)

[Video Link 38:28 - 38:57](#)

Then the second column is where we write where we had been, in relation to the person we put down, **“selfish, dishonest, or inconsiderate”**. Selfish and dishonest retain their meanings, I think, from the resentment inventory—“wanting my way” for selfish and “not telling the truth when the truth should be told or telling falsehood to others or myself” for dishonest. **(Note that we’re starting where the Resentment form ended.)** Inconsiderate is simply not thinking of the other person’s feelings or interests – being self-seeking.

Whom did I hurt? (1)	Where was I (2)	Did I arouse: (3)	Where
<u>Ex-Boyfriend</u>		Jealousy?	
Selfish:	I did not want to be alone; so I stayed and continued using him for sex.	<input checked="" type="checkbox"/>	
Dishonest:	I purposely flirting with others, in hopes of getting his attention.	<input checked="" type="checkbox"/>	
Inconsiderate:	Instead of accepting the ending, I cared more about getting my desires met and getting even. I sought validation.	Bitterness?	



Step Four—Sex Conduct: Column (3)

[Video Link: 40:59 - 41:43](#)

Then the Big Book asks, “Did we unjustifiably arouse jealousy, suspicion or bitterness?” That’s the **third column**, and we fill that out for every person on the list. I find that I don’t always check any of those boxes, but I do consider the question carefully each time.

Did I arouse: (3)	Where was I at fault, what should I have done instead? (4)
Jealousy? <input checked="" type="checkbox"/>	<i>Where was I at fault?</i> I wanted him to change; to be who I wanted him to be.
Suspicion? <input checked="" type="checkbox"/>	<i>What should I have done instead?</i> The 1 st time he cheated (revealed his true character); I should have ended the relationship and honored my integrity!
Bitterness? <input type="checkbox"/>	

Step Four—Sex Conduct: Column (4)

[Video Link: 41:57 - 43:00](#)

Then the Big Book asks, “Where were we at fault, what should we have done instead?” So that is the **fourth column**— what I should have done instead.

And we fill that out for every person on the list. Patterns immediately emerge. For most of my past relationships, for example, the answer was pretty consistent: I stayed in the relationship longer than was healthy for both me and my ex-girlfriends, and I should have left it earlier on and in a more honest way.

Where was I at fault, what should I have done instead? (4)	Was each relation? (5)	Sex Prayer Page 69(6)	Sex Meditation Page 69(7)	The Earnest Prayers page 70
Where was I at fault? I wanted him to change; to be who I wanted him to be.	Yes	"God, please mold my ideals and help me to live up to them."	"God, please show me what to do about this[each] specific matter"	We earnestly pray for: The right ideal
What should I have done instead? The 1st time he cheated (revealed his true character); I should have ended the relationship and honored my integrity !	No	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Guidance in each questionable situation

Step Four—Sex Conduct: Column (5, 6 and 7)

The Big Book says, **“In this way we tried to shape a sane and sound ideal for our future sex life.”** THAT’S the whole point of this exercise—to know what we did that was wrong, and to know what we should have done instead.

Then the Big Book says, **“We subjected each relation to this test—was it selfish or not?”** And that’s the **fifth column.**

Again, selfish has to be looked at in the broad sense that was discussed in Step Three. We check that out for every relationship.

And then we have the Sex Prayer and the Sex Meditation. The Sex Prayer is: **“God, please mold my ideals and help me to live up to them.”** The Sex Meditation is: **“God, what should I do about each specific matter.”** And we say that prayer and that meditation for every person on the list. The Big Book promises us: **“The right answer will come, if we want it.”**

done	Was each relation? (5)	Sex Prayer Page 69(6)	Sex Meditation Page 69(7)	The Earnest Prayers page 70
	SELFISH Yes	“God, please mold my ideals and help me to live up to them.” <input checked="" type="checkbox"/>	“God, please show me what to do about this[each] specific matter” <input checked="" type="checkbox"/>	We earnestly pray for: The right ideal Guidance in each questionable situation

Step Four—Sex Conduct Form

THE BIG BOOK’S WAY TO “SENSIBLY OVERHAUL” OUR OWN SEX CONDUCT (Pages 68—70)

INSTRUCTIONS: a) Study from the bottom of page 68 to the end of third paragraph on page 70. b) Fill in Column 1 from top to bottom. c) Do Column 2 from top to bottom. d) Fill in each of the remaining columns from top to bottom. *Do not work across the page from left to right.* Don't forget the **Sex Prayer** (“God, please mold my ideals and help me to live up to them”) on page 69, and the Big Book’s **Sex Meditation** (“God, please show me what to do about this [each] specific matter”) on page 69. “The right answer will come if we want it”. This will shape a “sane and sound ideal for our future sex life” (page 69). Be sure to restudy what happens if we “fall short of the chosen ideal and stumble” on page 70. Be sure to continue to pray the “Earnest” prayers from page 70 (on the right hand side of this page) for ongoing guidance, strength, sanity, and the right ideal. Clear Form Data

Whom did I hurt? (1)	Where was I (2)	Did I arouse: (3)	Where was I at fault, what should I have done instead? (4)	Was each relation? (5)	Sex Prayer Page 69(6)	Sex Meditation Page 69(7)	The Earnest Prayers page 70	
Ex-Boyfriend		Jealousy? 	<p><u>Where was I at fault?</u> I wanted him to change; to be who I wanted him to be.</p> <p><u>What should I have done instead?</u> The 1st time he cheated (revealed his true character); I should have ended the relationship and honored my integrity !</p>	S E L F I S H	Yes	<p>“God, please mold my ideals and help me to live up to them.”</p> <div style="text-align: center;"><input checked="" type="checkbox"/></div>	<p>“God, please show me what to do about this[each] specific matter”</p> <div style="text-align: center;"><input checked="" type="checkbox"/></div>	<p>We earnestly pray for:</p> <p>The right ideal</p> <p>Guidance in each questionable situation</p>
Selfish: I did not want to be alone; I stayed and continued using him for sex.	Suspicion? 							
Dishonest: I purposely flirting with others, in hopes of getting his attention.	Bitterness?							
Inconsiderate: Instead of accepting the ending, I cared more about getting my desires met and getting even. I sought validation.				No				

Step Four: Conclusion:

We have now completed our Step Four Inventory from the Big Book’s perspective.

It was pretty simple. We filled out some simple forms and learned a lot about ourselves. No matter how many people, institutions, or principles appear on our resentment form; no matter how many fears appear on our fear forms; no matter how many people appear on our sex conduct forms; it doesn’t take a very long time to fill them out.

The Step Four promises:

The Big Book gives us promises on page 70. They’re not overwhelming ones, but they do serve as a checklist for us to see if we have done a good Step Four:

If we have been thorough about our personal inventory, we have written down a lot. We have listed and analyzed our resentments. We have begun to comprehend their futility and their fatality. We have commenced to see their terrible destructiveness. We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people. We have listed the people we have hurt by our conduct and are willing to straighten out the past if we can.

- Read the [Study Guide, \(Steps Five, Six, and Seven\)](#), pages 42-46
- Optional Homework:
 1. Watch the [video of Steps 5, 6, 7 Session G: Homework](#) and [view the slide show](#).
 2. Read: *Big Book "Into Action,"* pages 72 to middle 76
 3. Listen to these *OA Podcasts/videos on Step Five*.
 - [Step 5:](#) by Janet B. from *A Design for living*
 - [Step Five:](#) from Overeaters Anonymous: "The Importance of Working All Twelve Steps" podcast series
 4. Listen to these *OA Podcasts/videos on Step Six*.
 - [Into Action: Step 6](#) by Sam S. from *Choose your Own Conception: OA Big Book Study*
 - [Step 6](#) from Overeaters Anonymous: "The Importance of Working All Twelve Steps" podcast series
 5. Listen to these *OA Podcasts on Step Six and Step Seven*
 - [Steps 6 & 7](#) by Pete B. from *A Design for Living*
- Watch the [video for Session G](#)

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.