# 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!



Password: **Surrender2023!** 

s-usingastudyguide/

LINK:

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
  - 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*

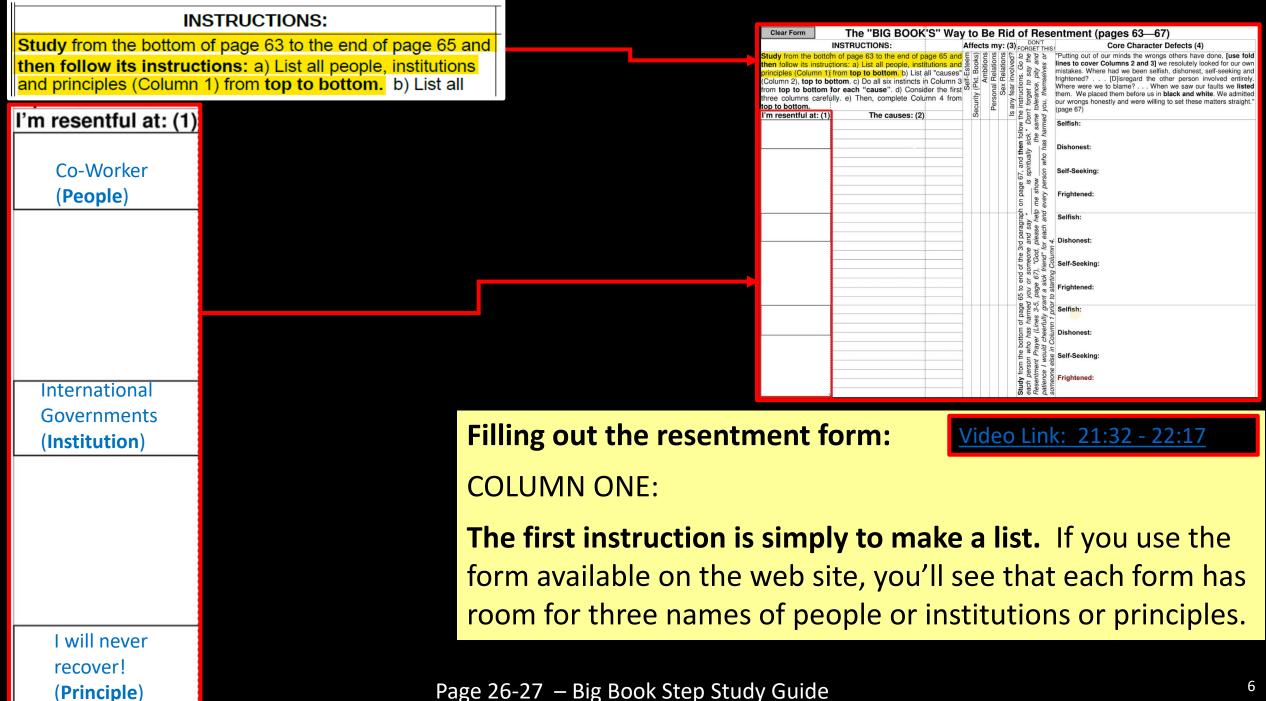
# Step Four

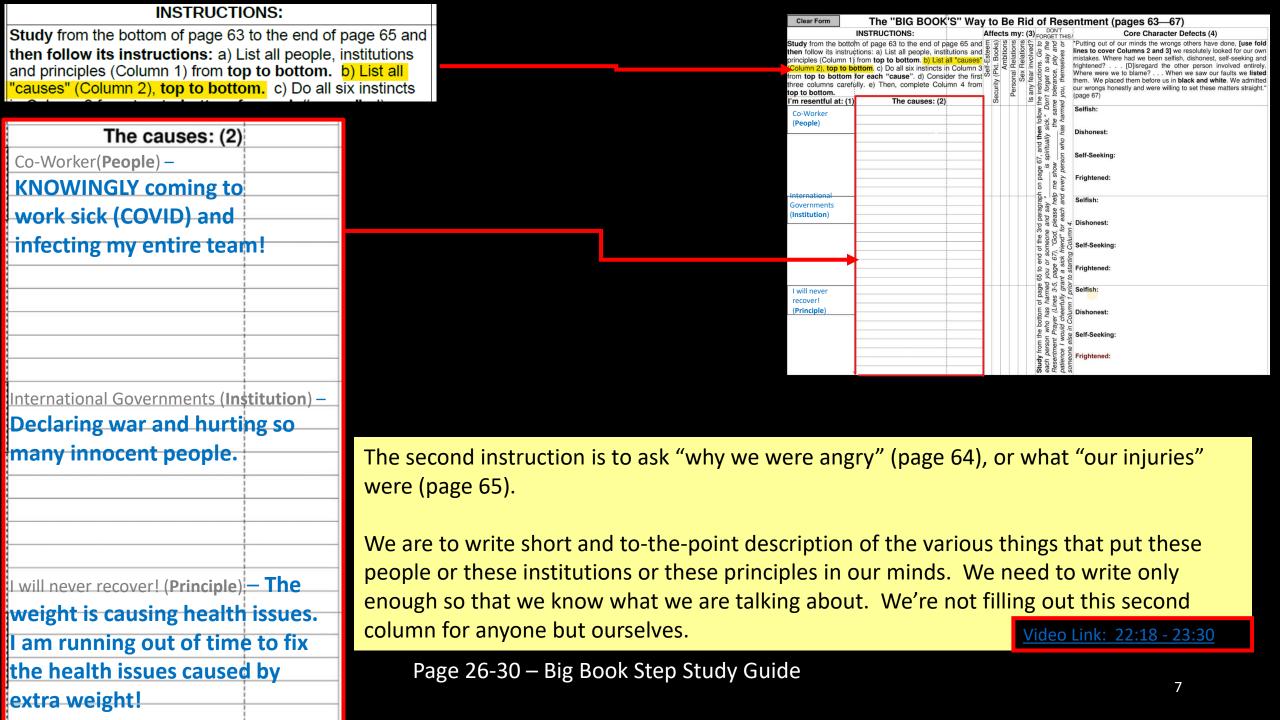
"Made a searching and fearless moral inventory of ourselves."

Step Four – <u>Pages 25-36</u> and Video <u>Session E</u> Big Book "*How It Works*" –<u>Pages 63-67</u>

# Resentment Form

Review





| Λ.            | fec                   | **          |                    |                 | (2)                       |
|---------------|-----------------------|-------------|--------------------|-----------------|---------------------------|
| Self-Esteem 2 | Security (Pkt. Books) | Ambitions 7 | Personal Relations | Sex Relations . | Is any fear involved? (6) |
|               | <b>&gt;</b>           | <b>&gt;</b> | <b>&gt;</b>        |                 | <b>~</b>                  |
| >             | ~                     | >           | >                  |                 | <b>&gt;</b>               |
| <b>&gt;</b>   | <b>~</b>              | <b>~</b>    | <b>~</b>           | ~               | <b>~</b>                  |

| MOTEUCTIONS  | Clear Form                           | The "BIG BOOK S" Wa   |   |  | sentment (pages 63—67)   |
|--|--------------------------------------|---|---|--|--|
| INSTRUCTIONS:  |                                      | INSTRUCTIONS:   | Affects my:                                       | ORGET TH   |  |
| Study from the bottom of page 63 to the end of page 65 and   | then follow its instru               | om of page 63 to the end of page 65 and<br>uctions: a) List all people, institutions and<br>1) from top to bottom. b) List all "causes<br>am., c) Do all six instincts in Column: | lf-Esteem<br>kt. Books)<br>Ambitions<br>Relations | involved? ins. do to o say the pity and                      | "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. |
| then follow its instructions: a) List all people, institutions and principles (Column 1) from top to bottom. b) List all | three columns care<br>top to bottom. | or each "cause". d) Consider the first fully. e) Then, complete Column 4 from   | Se<br>ecurity (P<br>Personal                      | any fear any fear any fear the forget to tolerance you, then | Where were we to blame? When we saw our faults we listed<br>them. We placed them before us in black and white. We admitted<br>our wrongs honestly and were willing to set these matters straight."<br>(page 67)  |
|  | I'm resentful at: (1<br>Co-Worker    | The causes: (2) KNOWINGLY coming to work  | Ø   | Don<br>Barne   | Selfish:   |
| "causes" (Column 2), top to bottom. c) Do all six instincts  | (People)                             | sick (COVID) and infecting my   |   | ono<br>"<br>"<br>"<br>"<br>"<br>"<br>"<br>"                  |  |
| in Column 3 from top to bottom for each "cause". d)  | , , ,                                | entire team!  |   | tually si  | Dishonest:   |
|  |                                      |   |   | ge or, a<br>is spiri<br>how<br>person                        | Self-Seeking:  |
|  |                                      |   |   | p me si<br>d every   | Frightened:  |
| _  | Governments                          | many innocent people.   |   | say se hel   | Selfish:   |
|  | (Institution)                        |   |   | and pa<br>and<br>plea<br>for ea                              | Dishonest:   |
|  |                                      |   |   | on the omeone ), "God friend"                                | Self-Seeking:  |
|  |                                      |   |   | to end<br>ou or s<br>age 67<br>a sick                        | starting Frightened:   |
|  | I will never                         | The weight is causing health  |   | ned your 3-5, p  | Q Selfish:   |
|  | recover!                             | issues. I am running out of time  |   | ham<br>nes<br>fully  | n I p  |
|  | (Principle)                          | to fix the health issues caused by extra weight!  |   | has has cheer cheer  | Dishonest:   |
|  |                                      |   |   | rure o<br>on who<br>of Pray<br>would                         | Self-Seeking:  |
|  |                                      |   |   | person   | e Burghtened:  |
|  |                                      | ļ — — — —   |   | stud<br>each<br>Rese<br>patien                               | Some   |

#### **COLUMN THREE:**

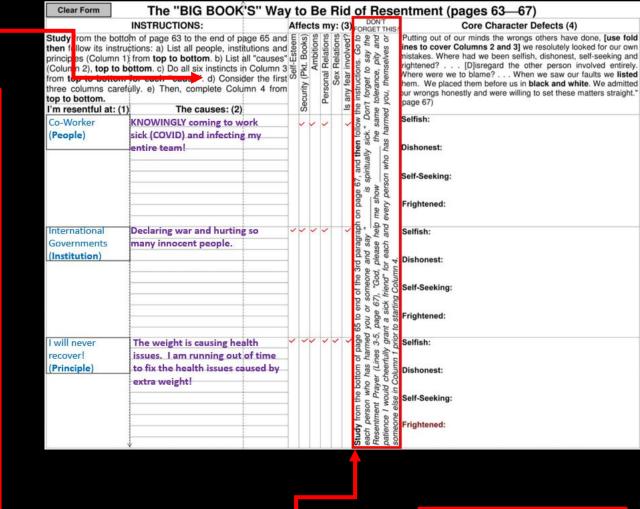
The third instruction is to ask ourselves "Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with?" (page 65). (You'll note at the bottom of page 64, a similar set of categories, but with "pocketbooks"—wallets or purses—instead of "security".) 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."



<u>Video Link: 42:43 - 43:55</u>

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.

# three columns carefully. e) Then, complete Column 4 from top to bottom.

#### 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:** I only cared how their absences would

impede my workload.

**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.

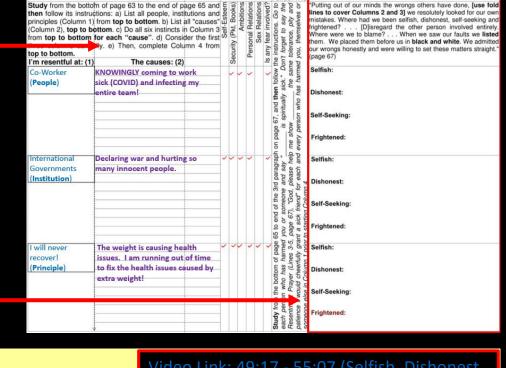
**Selfish:** Expectation of PERFECTION.

**Dishonest:** No recovery  $\rightarrow$  no healthy body  $\rightarrow$  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.



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

#### The essential Fourth Column:

Video Link: 49:17 - 55:07 (Selfish, Dishonest, Self-Seeking, Frightened)

Let's remember that the purpose of Step Four is to identify those parts of ourselves which are blocking us from our higher power. We have decided, in Step Three, to turn our will and our lives over to the care of God as we understand God. That decision means that we have to discover what defects of character block us from our higher power. The fourth column of the resentment form is in fact our analysis of those defects of character.

| Clear Form   | The "BIG BOOK   | 'S" Way   | / t         | o I                   | Вє        | R                  | id                    | of Rese   | entment (  | pages 63—67)  |
|--|---|---|-------------|-----------------------|-----------|--------------------|-----------------------|---|--|---|
|  | INSTRUCTIONS:   |   | Aft         | fect                  | s         | my:                | (3)                   | DON'T<br>FORGET THIS  | ,  | Core Character Defects (4)  |
| (Column 2), top to<br>from top to botton<br>three columns care<br>top to bottom. | om of page 63 to the end of pactions: a) List all people, institutions to the bottom. b) List abottom. c) Do all six instincts in for each "cause". d) Considerally. e) Then, complete Column | age 65 and<br>tutions and<br>all "causes"<br>n Column 3<br>der the first<br>mn 4 from | Self-Esteem | Security (Pkt. Books) | Ambitions | Personal Relations | Is any fear involved? | instructions. Go to<br>t forget to say the<br>tolerance, pity and<br>you, themselves or   | "Putting out of lines to cover mistakes. When frightened? Where were we them. We place | our minds the wrongs others have done, [use fold Columns 2 and 3] we resolutely looked for our own re had we been selfish, dishonest, self-seeking and . [D]isregard the other person involved entirely. It to blame? When we saw our faults we listed them before us in black and white. We admitted the testly and were willing to set these matters straight." |
| I'm resentful at: (  | 4   | 1   |             |                       | +         | +                  |                       | Dor the   | Selfish:   | I only cared how their absences would   |
| Co-Worker<br>( <b>People</b> )   | KNOWINGLY coming to w sick (COVID) and infecting  | t.  |             | <b>~</b> ~            | <b>'</b>  |                    | \ <u>\</u>            | on page 67, and then follow the spiritually sick." Don me show the same every person who has harmed   |  | impede me.  |
|  | entire team!  |   |             |                       |           |                    |                       | and the<br>itually<br>who ha  | Dishonest:   | Told myself I could handle the workload and did not ask for help  |
|  |   |   |             |                       |           |                    |                       | je 67, a<br>is spir<br>ow<br>person   | Self-Seeking:  | Want acknowledgement for a job well done (martyr) .   |
|  |   |   |             |                       |           |                    |                       | yraph on page 6<br>y " is<br>help me show<br>and every pers   | Frightened:  | That management would find out I could not do my job. <b>Seen as LESS than.</b>   |
| International Governments  | Declaring war and hurting many innocent people.   | g so  | <b>~</b>    | <b>~</b> \            | /         | <b>/</b>           | ~                     | say "<br>say "<br>se help<br>ch and   | Selfish:   | I want to live in a peaceful world!   |
| (Institution)  |   |   |             |                       |           |                    |                       | 3rd parage and sa 4, please for each  | Dishonest:   | That this "really" doesn't have any affect on my day-to-day life.   |
|  |   |   |             |                       |           |                    |                       | of page 65 to end of the 3rd paragra<br>harmed you or someone and say<br>nes 3-5, page 67), "God, please h<br>fully grant a sick friend" for each a |  | I am tired of feeling depressed after watching the news.  |
|  |   |   |             |                       |           |                    |                       | age 65 to end med you or so 3-5, page 67)   | Frightened:  | I am fearful of terrorist attacks near me. Fear of lifestyle changes.   |
| I will never recover!  | The weight is causing head issues. I am running out   | i e   | <b>~</b>    | ~~                    | 1         | ~ ~                | ~                     | page armed as 3-5, Illy gran  | Selfish:   | Expectation of PERFECTION.  |
| (Principle)  | to fix the health issues ca   | 1   |             |                       |           |                    |                       | o has harr<br>er (Lines<br>cheerfully   | Dishonest:   | No recovery → no healthy body → I am unlovable.   |
|  | extra weight.   |   |             |                       |           |                    |                       | son who ent Pray I would  | Self-Seeking:  | Taking from the program and never giving back. I want to be slim.   |
|  |   |   |             |                       |           |                    |                       | Study from the bottom of page each person who has harmed Resentment Prayer (Lines 3-5, patience I would cheerfully graspone else in Column 1 prior  |  | The fear is that it is true → and I am unlovable. I am unlovable  |

## Step Four – <u>Pages 25-36</u> and Video <u>Session E</u> Big Book "*How It Works*" –<u>Pages 63-67</u>

## People → Cause → Affect

|  |  | سب          |                       |           |                    |  |  |   |
|--|--|-------------|-----------------------|-----------|--------------------|--|--|---|
|  | INSTRUCTIONS:  | Aff         | ec                    | ts r      | ny                 | : (3                                   | DON'T<br>FORGET THIS   |   |
| Study from the botton then follow its instruction principles (Column 1) (Column 2), top to bottom top to bottom three columns careful top to bottom. | n of page 63 to the end of page 65 and tions: a) ist all people, institutions and from top to bottom. b) List all "causes of tom. c) Do all six instincts in Column 3 for each "cause". d) Consider the firstly. e) Then, complete Column 4 from The causes: (2) | Self-Esteem | Security (Pkt. Books) | Ambitions | Personal Relations | Sex Relations<br>Is any fear involved? | e instruction't forget to<br>tolerance,<br>you, them                         | "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) |
| Co-Worker  | KNOWINGLY coming to work   |             |                       | / 🗸       | ,                  |  | ow h<br>Dr<br>sane   | Selfish: I only cared how their absences would  |
| (People)   | sick (COVID) and infecting my<br>entire team!  |             |                       |           |                    |  | 7, and <b>then</b> follo spiritually sick." the some the some on who has han | Dishonest: Told myself I could handle the workload and did not ask for help   |
|  |  | ]           |                       |           |                    |  | (0)  | Self-Seeking: Want acknowledgement for a job well   |
|  |  |             |                       |           |                    |  | oh on page 6<br>is<br>p me show<br>d every pers                              | done (martyr) .  Frightened: That management would find out I could not do my job. Seen as LESS than.   |

<u>Cause</u> – Self-Centered:

Affect: "I honestly did not care about the health of my employee, what about me."

<u>Cause</u> – Prideful:

Affect: "I don't want my manager to think I can't do the job because I did not ask for help."

<u>Cause</u> –Self-sufficient:

**Affect**: "Why didn't I just ask for help. Now I must work late and lose sleep."

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### Step Four – <u>Pages 25-36</u> and Video <u>Session E</u> Big Book "*How It Works*" –<u>Pages 63-67</u>

## *Institutions* → Cause → Affect

|   | NSTRUCTIONS:   |  |     | ects                            | s m                | y: (          | 3)     | DON'T<br>FORGET THI   | IIS!                     | Core Character Defects (4)   |
|---|--|--|-----|---------------------------------|--------------------|---------------|--------|---|--------------------------|--|
| (Column 2), top to bo<br>from top to bottom f | n of page 63 to the end of page 63 to the end of page 63 to the end of page ions: a) ist all people, instifrom top to bottom. b) List attom. c) Do all six instincts in or each "cause". d) Considerally. e) Then, complete Column The causes: (2) | n Column 3<br>der the first<br>mn 4 from |     | Security (Pkt. Books) Ambitions | Personal Relations | Sex Relations | olved? | e instructions. Go to<br>n't forget to say the<br>tolerance, pity and<br>you, themselves or | li<br>n<br>fr<br>V<br>th | "Putting out of our minds the wrongs others have done, <b>[use foliones to cover Columns 2 and 3]</b> we resolutely looked for our ow 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 <b>liste</b> them. We placed them before us in <b>black and white</b> . We admitted our wrongs honestly and were willing to set these matters straight (page 67) |
| 1 1   | Declaring war and hurtinຍ  | g so                                     | ~ ` | / /                             | ~                  |               | ~      | agrapth<br>say "or<br>te helpe  | 1                        | Selfish: I want to live in a peaceful world!   |
| Governments<br>(Institution)                  | many innocent people.  |  |     |                                 |                    |               |        | 3rd para<br>e and se<br>t, please<br>for each   | n 4.                     | Dishonest: That this "really" doesn't have any affect on my day-to-day life.   |
|   |  |  |     |                                 |                    |               |        | nd of the<br>someon<br>37), "Good<br>k friend"  | ng Colun                 | Self-Seeking: I am tired of feeling depressed after watching the news.   |
|   |  |  |     |                                 |                    |               |        | b 65 to end you or 5, page 6 ant a sich   | or to startii            | Frightened: I am fearful of terrorist attacks near me. Fear of lifestyle changes.  |

<u>Cause</u> – International War:

Affect: "USA support could bring attacks near me."

# Step Four – Pages 25-36 and Video Session E Big Book "How It Works" –Pages 63-67

## Principles → Cause → Affect

| 1  | INSTRUCTIONS:  |   | Affe            | cts r     | ny:           | (3)                | DON'<br>FORGET   | T<br>THIS!                                     | Core Character Defects (4)  |
|--|--|---|-----------------|-----------|---------------|--------------------|--|--|---|
| (Column 2), top to bo<br>from top to bottom f<br>three columns carefu<br>top to bottom.<br>I'm resentful at: (1) | n of page 63 to the end of pations: a) ist all people, instifrom top to bottom. b) List attom. c) Do all six instincts in or each "cause". d) Consider the causes: (2) | age 65 and tutions and all "causes" of Column 3 der the first mn 4 from | steem<br>3ooks) | Ambitions | Sex Relations | any fear involved? | instructions. Go to for forget to say the tolerance, pity and                                    | d you, themselves or                           | "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) |
| I will never recover! (Principle)  | The weight is causing her issues. I am running out to fix the health issues caextra weight!  | of time   | ~               |           |               | ~                  | Study from the bottom of pagethe each person who has harmeon's Resentment Prayer (Lines 3-the in | se I would cheerfully<br>ne else in Column 1 p | No recovery → no healthy body → I am unlovable.  Taking from the program and never giving back. I want to be slim.  The fear is that it is true → and I am  |

<u>Cause</u> – Self Hatred: <u>Affect</u>

**Affect**: "What's wrong me? Was the info I provided flawed!"

<u>Cause</u> – Self Acceptance:

Affect: "I may never know what it like to be at peace with food!"

<u>Cause</u> – 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)

<u>Video Link: 55:21 - 57:14 (Examples: Selfish,</u> Dishonest, Self-Seeking, Fear)

| then follow its instruction    | ines to cover C<br>nistakes. Where<br>rightened?<br>Where were we<br>hem. We placed | olumns 2 and 3] we resolutely looked for our own had we been selfish, dishonest, self-seeking and [D]isregard the other person involved entirely. to blame? When we saw our faults we listed them before us in black and white. We admitted stly and were willing to set these matters straight." |  |  |  |  |  |  |  |
|--------------------------------|---|---|--|--|--|--|--|--|--|
| Co-Worker<br>( <b>People</b> ) | 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.  |  |  |  |  |  |  |  |
| International<br>Governments   | Selfish:  | I want to live in a peaceful world!   |  |  |  |  |  |  |  |
| (Institution)                  |   | 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.  |  |  |  |  |  |  |  |
| I will never                   | Frightened:   | I am fearful of terrorist attacks near me. Fear of lifestyle changes.   |  |  |  |  |  |  |  |
| recover!                       | Selfish:  | Expectation of PERFECTION.  |  |  |  |  |  |  |  |
| (Principle)                    | 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  |  |  |  |  |  |  |  |

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# Step 4 - Fear

Work the steps using a "Study Guide for Overeaters"

Step Four – <u>PAGES 37-38</u> and Video <u>Session F</u>

Big Book "*How It Works*" –<u>Pages 67 - 68</u>

# Step Four

"Made a searching and fearless moral inventory of ourselves."

#### 68 ALCOHOLICS ANONYMOUS

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 – <u>PAGES 37-38</u> and Video <u>Session F</u> Big Book "*How It Works*" –<u>Pages 67 - 68</u>

### **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 – <u>PAGES 37-38</u> and Video <u>Session F</u> Big Book "*How It Works*" –<u>Pages 67 - 68</u>



#### Page 65 – AA's Big Book

| . ~6              |  |   |
|-------------------|--|---|
| I'm resentful at: | The Cause  | Affects my:   |
|                   | His attention to my<br>wife.<br>Told my wife of my<br>mistress.                      | Sex relations. Self-esteem (fear) Sex relations. Self-esteem (fear) |
|                   | Brown may get my job at the office.  | Security. Self-esteem (fear)  |
| Mrs. Jones        | She's a nut—she snubbed me. She committed her husband for drinking.  He's my friend. | Personal relation-<br>ship. Self-esteem<br>(fear)                   |
|                   | She's a gossip.  |   |

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 68 **ALCOHOLICS ANONYMOUS** we think fear ought to be classed with stealing. It seems to cause more trouble.

Video Link: 16:43 - 20:25



### Step Four – <u>PAGES 37-38</u> and Video <u>Session F</u> Big Book "*How It Works*" –<u>Pages 67 - 68</u>

#### Filling out the Fear Form:

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

#### **Column One:**

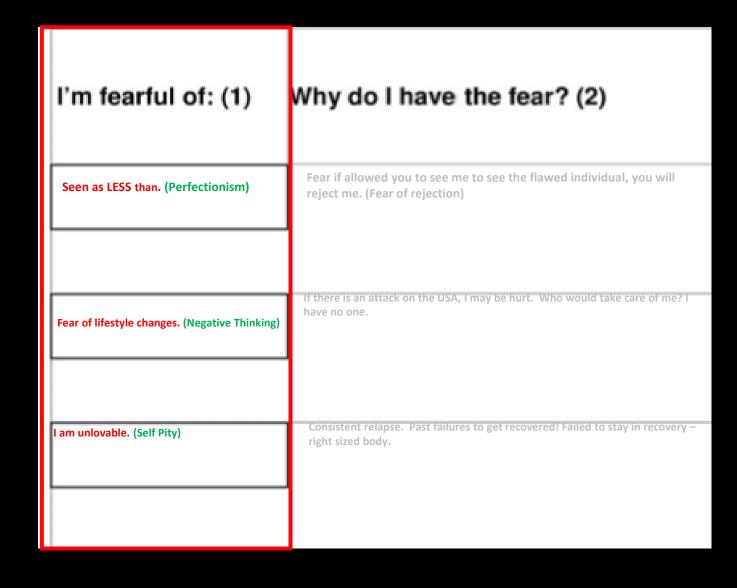
So we set out all the fears we have, **including those we discovered in the resentment form**, both in column 3 (where we asked whether fear was involved) and in column 4 (**where we asked ourselves where we were frightened**), as well as fears that didn't make it to the resentment list because we didn't 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 ines to cover Columns 2 and 3] we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and rightened? . . . [D]isregard the other person involved entirely. Where were we to blame? . . . When we saw our faults we listed hem. 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 only cared how their absences would Selfish: impede me. Dishonest: Told myself I could handle the workload and did not ask for help Want acknowledgement for a job well Self-Seeking: 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! That this "really" doesn't have any Dishonest: affect on my day-to-day life. I am tired of feeling depressed after Self-Seeking: watching the news. Frightened: I am fearful of terrorist attacks near me. Fear of lifestyle changes. Selfish: **Expectation of PERFECTION.** No recovery → no healthy Dishonest: body = unlovable. Taking from the program and never Self-Seeking: giving back. I want to be slim. The fear is that it is true -> and I am Frightened: unlovable. I am unlovable



#### Step Four – PAGES 37-38 and Video Session F Big Book "How It Works" –Pages 67 - 68

#### **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.



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

#### **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.

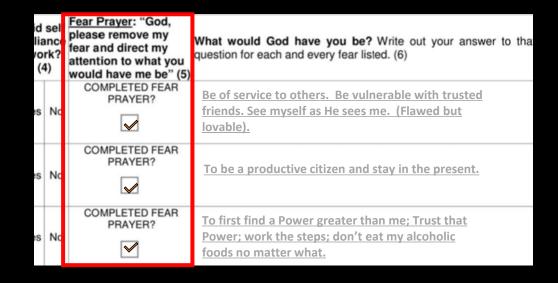
Column four is whether relying on ourselves worked. Hmmmm. Wonder what that answer is too? Of course it didn't work. If it did work, I wouldn't have these fears! We put a checkmark under "No" for each of the fears we have. I fill out column four for each of the fears before going on to column five.

| r? (2) | my tru          | Where was<br>my trust &<br>reliance? (3) |     | self<br>ince<br>rk?<br>1) | Fear Prayer: "God,<br>blease remove my<br>ear and direct my<br>attention to what you<br>yould have me be" (5) | What would Go<br>question for each |
|--------|-----------------|--|-----|---------------------------|---|------------------------------------|
|        | Infinite<br>God | My<br>Finite<br>Self                     | Yes | No                        | COMPLETED FEAR PRAYER?  |                                    |
|        | Infinite<br>God |  | Yes | No                        | COMPLETED FEAR PRAYER?  |                                    |
|        | Infinite<br>God | My<br>Finite<br>Self                     | Yes | No                        | COMPLETED FEAR PRAYER?  |                                    |

Video Link: 25:22 - 26:22

#### **Column Five:**

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."



Video Link: 26:28 - 27:12

Video Link: 27:12 - 28:18

#### **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<br>my tru<br>reliance | st &                 | Did<br>relia<br>wo | nce<br>rk? |                        |   |
|--|--|-----------------------------|----------------------|--------------------|------------|------------------------|---|
| Seen as LESS than.<br>(Perfectionism)          | Fear if I allow you to see me as the flawed individual I am, you will reject me. (Fear of rejection) | Infinite<br>God             | My<br>Finite<br>Self | Yes                | No         | COMPLETED FEAR PRAYER? | Be of service to others. Be vulnerable with trusted friends. See myself as He sees me. (Flawed but lovable).          |
| 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.           |                             | My<br>Finite<br>Self | Yes                | No         | COMPLETED FEAR PRAYER? | To be a productive citizen and stay in the present.   |
| I am unlovable.<br>(Self Pity)                 | Consistent relapse. Past failures to get recovered! Failed to stay in recovery – right sized body.   | Infinite<br>God             | My<br>Finite<br>Self | Yes                | No         | COMPLETED FEAR PRAYER? | To first find a Power greater than me; Trust that Power; work the steps; don't eat my alcoholic foods no matter what. |
|  |  |                             |                      |                    |            | COMPLETED FEAR         |   |

#### 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."



Step Four – <u>PAGES 39 - 41</u> and Video <u>Session F</u> Big Book "*How It Works*" –<u>Pages 67 - 68</u>

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:

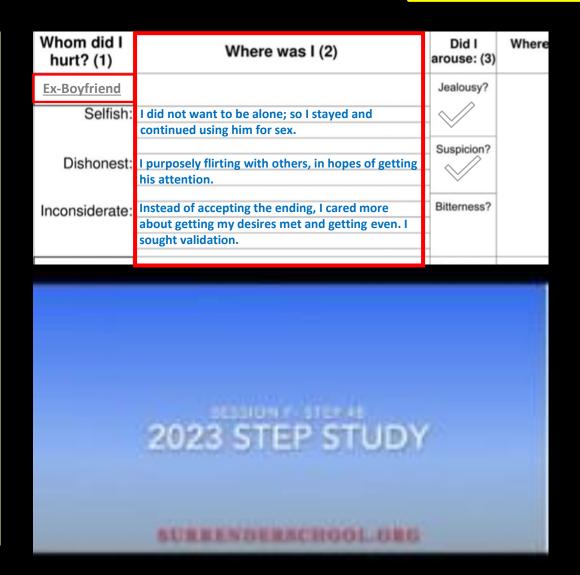
You will see on the form that there is a column for writing down "whom had we hurt", and good advice is simply to fill that first column out first.



## 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.

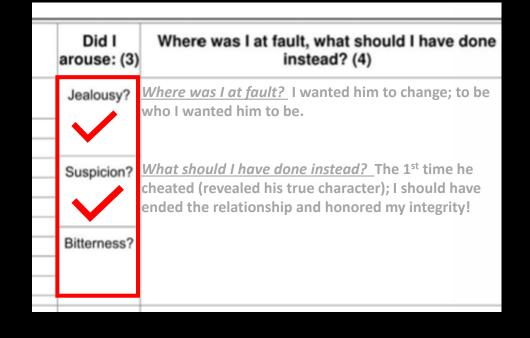


## Step Four – PAGES 39 - 41 and Video Session F Big Book "How It Works" –Pages 67 - 68

### Step Four—Sex Conduct: Column (3)

<u>Video Link: 40:59 - 41:43</u>

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.

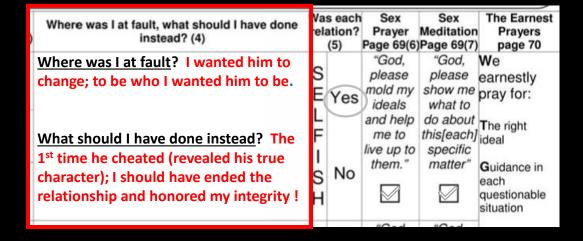


## Step Four—Sex Conduct: Column (4)

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.

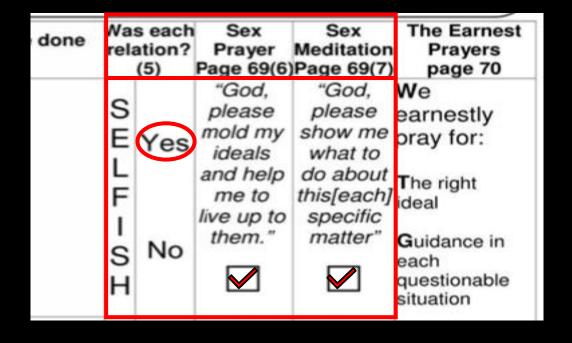


# Step Four – PAGES 39 - 41 and Video Session F Big Book "How It Works" – Pages 67 - 68 Step Four — Sex Conduct: Column (5, 6 and 7)

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."



## **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<br>hurt? (1) | Where was I (2)  | Did I<br>arouse: (3)               | Where was I at fault, what should I have done instead? (4)  | rela | s each<br>ation?<br>(5) | Prayer   | Sex<br>Meditation<br>Page 69(7)                                   |                        |
|-------------------------|--|------------------------------------|---|------|-------------------------|--|---|------------------------|
|                         | I did not want to be alone; I stayed and continued using him for sex.  I purposely flirting with others, in hopes of getting his attention.  Instead of accepting the ending, I cared more about getting my desires met and getting even. I sought validation. | Jealousy?  Suspicion?  Bitterness? | Where was I at fault? I wanted him to change; to be who I wanted him to be.  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! | S    | Yes                     | "God,<br>please<br>mold my<br>ideals<br>and help | "God, please show me what to do about this[each] specific matter" | We earnestly pray for: |

#### **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 <u>video of Steps 5, 6, 7 Session G: Homework</u> and <u>view the slide show.</u>
- 2.Read: Big Book "Into Action," pages 72 to middle 76
- 3. Listen to these OA Podcasts/videos on Step Five.
  - <u>Step 5:</u> by Janet B. from A Design for living
  - <u>Step Five:</u> 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
  - •<u>Step 6</u> from Overeaters Anonymous: "The Importance of Working All Twelve Steps" podcast series
- 5.Listen to these *OA Podcasts on Step Six and Step Seven* 
  - <u>Steps 6 & 7</u> 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.