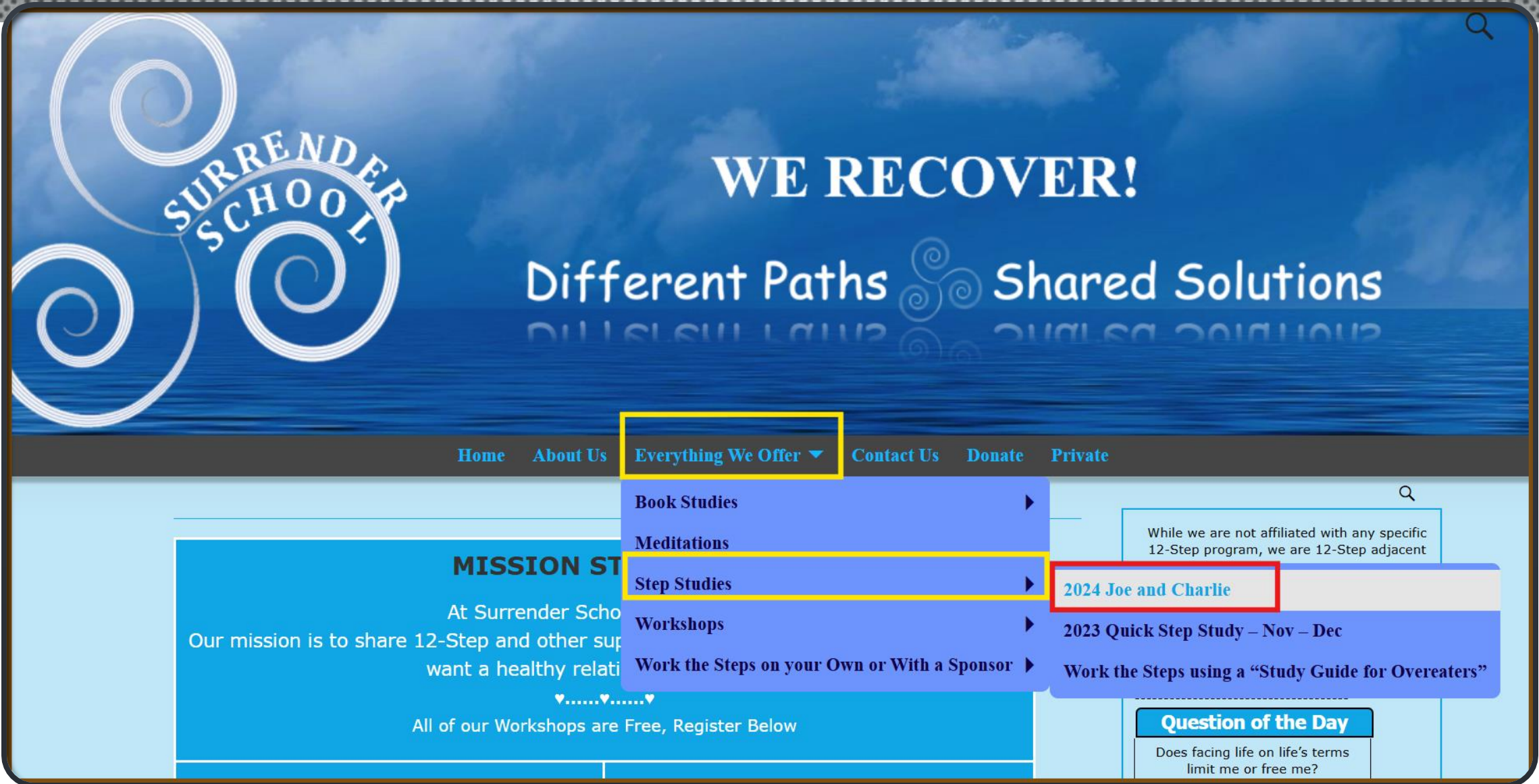


**SURRENDER SCHOOL  
PRESENTS  
JOE & CHARLIE**

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**BIG BOOK STUDY  
WEEK 7**



How to access [Surrender School](#)

[Joe and Charlie Previous Sessions, Homework and Documents.](#)

# MESSAGES FROM THE SURRENDER SCHOOL BOARD

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# 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!

# Joe and Charlie - Big Book Study

## September 1 – November 3

- [AA History](#)
- [The Doctor's Opinion](#)
- [Bill's Story](#)
- [There is a Solution](#)
- [More About Alcoholism and We Agnostics](#)
- [Step 1, Step 2, and Step 3 \(HOW IT WORKS\)](#)
- **[Step 4 – Part 1 – \(How It Works\)](#)**
- **[Step 4 – Part 2](#)**
- [Step 5, Step 6, and Step 7](#)
- [Step 8, Step 9, Step 10, Step 11, Step 12](#)

## Source Credits:

YOUTUBE - [12 Step Retro Speakers](#)  
AA Big Book Online PDF - [AA Netherlands](#)  
Link to Handout Source - [Take The 12](#)  
History and Historical Fact Checks: [Silkworth.net](#)

A blue-tinted background image featuring a microphone on a stand in the foreground and a keyboard in the background. The text is overlaid in the center.

**MODERATOR, PLEASE  
START THE RECORDING**

**SURRENDER SCHOOL  
PRESENTS  
JOE & CHARLIE  
BIG BOOK STUDY**

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**WEEK 7  
STEP 4 – PART 1**



**Joe McQ,**  
Joe McQuany - (AA)  
(1928-2007, 78 years old)  
Sober: 1962 - 2007



**Charlie P.**  
Charlie Parmley - (AA)  
(1929-2011, 82 years old)  
Sober: 1970 - 2011

**We are not the gurus of  
Alcoholic Anonymous!**

**We do not speak for AA as  
a whole!**



# AA BIG BOOK STUDY WEEK 7

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## HOW IT WORKS

Step 4 - Part 1 (Pages 63 – 67)

# AA Big Book Layout

## GOALS OF THE BIG BOOK

### GOALS OF THE BIG BOOK:

- **1st GOAL - THE PROBLEM**
  - *The Dr.'s Opinion*
  - *Chapter 1 - Bill's Story*
- **2nd GOAL - THE SOLUTION**
  - *Chapter 2: There Is A Solution*
  - *Chapter 3: More About Alcoholism*
  - *Chapter 4: We Agnostics*
- **3rd GOAL – PROGRAM OF ACTION**
  - *Chapter 5: How It Works*
  - *Chapter 6: Into Action*
  - *Chapter 7: Working with Others*

GOAL 1 Describe The <b>PROBLEM</b>	GOAL 2 Describe The <b>SOLUTION</b>	GOAL 3 Define The <b>ACTION</b> Necessary for Recovery.
Doctors's Opinion  Chapter 1 – Bill's Story	Chapter 2 -There Is A Solution  Chapter 3 –More About Alcoholism  Chapter 4 – We Agnostics	Chapter 5 –How It Works  Chapter 6 –Into Action  Chapter 7 –Working With Others
STEP  1	STEP  2	STEPS  3  4  5  6  7  8  9  10  11  12

## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS – DETERMINING WHEN TO TAKE STEP 4



#### AA Big Book – How it Works - Pages 63 & 64

*"NEXT WE LAUNCHED out on a course of vigorous action, the first step of which is a personal housecleaning, which many of us had never attempted. Though our decision (Step 3) was vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us (Step 4). Our liquor was but a symptom. So we had to get down to causes and conditions."*



## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS – DETERMINING WHEN TO TAKE STEP 4



#### **Step Three**

*Made a decision to turn our will and our lives over to the care of God as we understood Him*

#### **Step Four**

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

## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS – WHY WOULD WE STILL PROCRASTINATE?



Now knowing that, and knowing we might get drunk if we don't get on with Step 4, why would we still tend to procrastinate?

I think one two or three reasons behind it.

- *Number one is fear.*
- *I think one of the greatest reasons is simply confusion.*

## HOW IT WORKS - STEP 4 (PART 1)

HOW IT WORKS – WE COULD NOT SEE HOW TO DO STEP 4  
ACCORDING TO THE BIG BOOK



For years we could not see how to do Step 4 according to the Big Book. **The reason we couldn't see it is the instructions are there but they are so simple that we alcoholics with our keen, intellectual, alcoholic minds looking for something more complicated, overlooked the simplicity of Step 4.**

## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS – WE COULD NOT SEE HOW TO DO STEP 4 ACCORDING TO THE BIG BOOK

So in our desperation, we read over in Step 5 something about sharing your entire life story, and we say that's what they want us to do in Step 4. Is write our life story so we can share it in Step 5.



## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS – PERSONAL INVENTORY

#### AA Big Book – How it Works - Page 64

*“Therefore, we started upon a personal inventory. This was **Step Four**. A business which takes no regular inventory usually goes broke.”*





## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS – PERSONAL INVENTORY



It's the business of finding a way to live where we can have a little peace of mind, serenity and happiness so we don't have to go back to drinking.

If we don't inventory in our personal business, chances are we're not going to find **what's damaged and unsalable in our heads** that's going to cause us to go broke too. **And going broke for us is simply going back to drinking!**

## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS – BUSINESS INVENTORY



### AA Big Book – How it Works - Page 64

*“Taking commercial inventory is a **fact-finding** and a **fact-facing** process. It is an effort to discover the **truth** about the **stock-in-trade**. One object is to **disclose damaged or unsalable goods, to get rid of them promptly and without regret**. If the owner of the business is to be successful, he cannot fool himself about values.”*

STEP FOUR Business & Personal Inventory Comparison		
BUSINESS	/	PERSONAL
FACT-FINDING	< - >	SEARCHING
FACT FACING	< - >	FEARLESS
TRUTH	< - >	MORAL
STOCK-IN-TRADE	< - >	OURSELVES
	OBJECT	
DISCLOSE DAMAGED OR UNSALEABLE GOODS	< - >	FIND FLAWED THINKING PROCESSES
GET RID OF THEM PROMPTLY WITHOUT REGRET	< - >	GET RID OF THEM PROMPTLY WITHOUT REGRET
STOCK IN TRADE THAT IS DAMAGED	< - >	1. RESENTMENTS 2. FEARS 3. HARMS DONE TO OTHERS

**STEP FOUR**  
**Business & Personal**  
**Inventory Comparison**



BUSINESS	/	PERSONAL
FACT-FINDING	< - >	SEARCHING
FACT FACING	< - >	FEARLESS
TRUTH	< - >	MORAL
STOCK-IN-TRADE	< - >	OURSELVES
		OBJECT
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STOCK IN TRADE THAT IS DAMAGED	< - >	1. RESENTMENTS 2. FEARS 3. HARMS DONE TO OTHERS

HOW IT WORKS - STEP 4 (PART 1)  
**HOW IT WORKS – PERSONAL INVENTORY**

AA Big Book – How it Works - Page 64

*"We did exactly the same thing with our lives. We took stock honestly."*

**Step 4:**

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

We're going to **look inside ourselves**, in our minds, and we're going to **find those flawed thinking processes**, which is the damaged and unsalable goods, **that block us off from God...we're going to have to get rid of them promptly and without regret.**

## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS – FLAWED THINKING



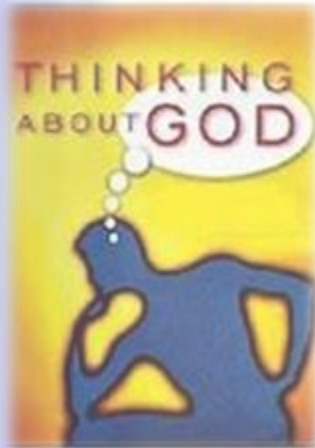
When those flawed thinking processes leave our minds, then our mind is opened up for God's thinking to enter. **But it's only after they are gone that God can enter.**

**The flawed thinking processes in our mind that blocks God out are our resentments fear, guilt and remorse associated with the harms done to other people.** And as long as our mind is occupied with those thoughts then God's thoughts can't come in.

**God dwells in each of us and we know the difference between right and wrong.**

If I want God to direct my thinking then I'm going to have to do something about these resentments, fear, guilt and remorse.

**And if I do my part, then God can direct my thinking. But until I've done my part, God can't, it's just that simple.**

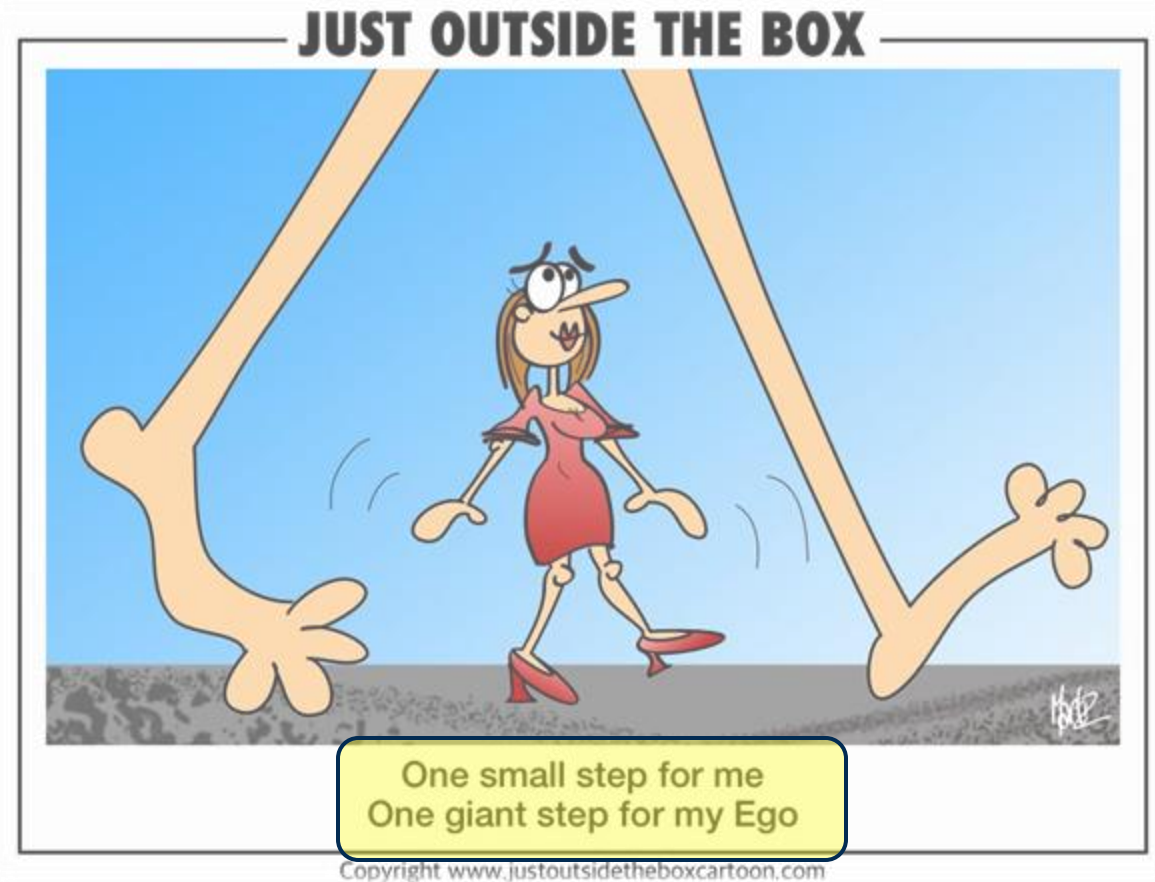


# HOW IT WORKS - STEP 4 (PART 1)

## HOW IT WORKS – PERSONAL INVENTORY

### AA Big Book – How it Works - Page 64

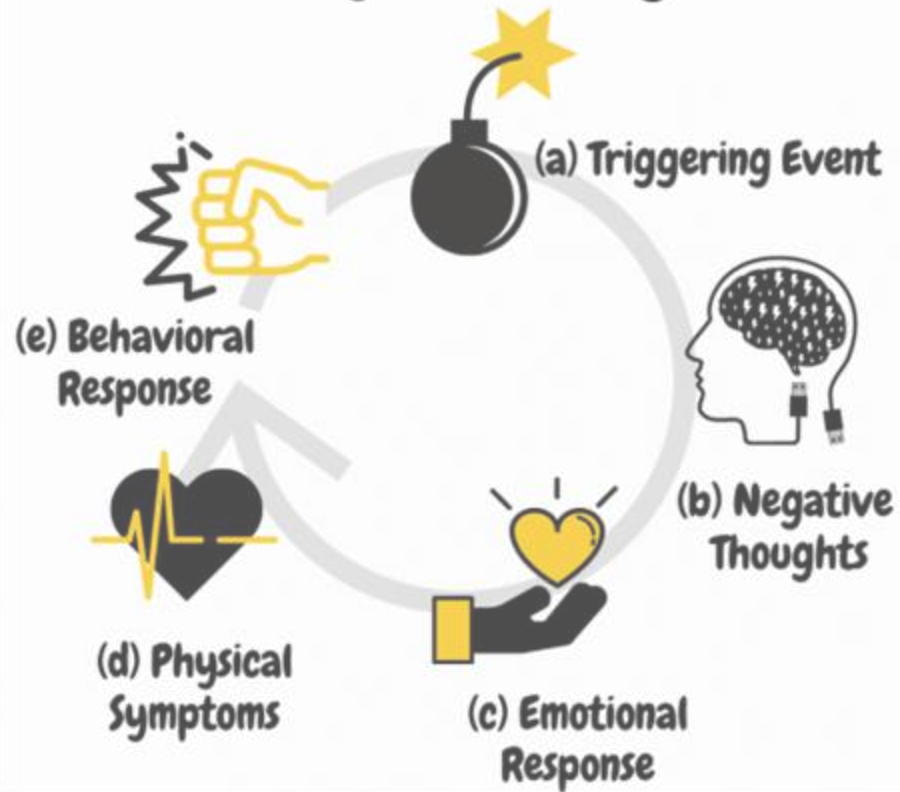
*"We did exactly the same thing with our lives. We took stock honestly. **First, we searched out the flaws in our make-up which caused our failure.** Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations."*



## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS – PERSONAL INVENTORY

#### The Cycle of Anger



#### AA Big Book – How it Works - Page 64

*"Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper."*

## HOW IT WORKS - STEP 4 (PART 1)



### HOW IT WORKS – DEFINITION OF RESENTMENT

So the first thing we're going to do is look at these resentments.

The word resentment is made from two old words.  
**First are the letters RE.**

**When you see RE in front of another words it always means "to do again";** like repaint, replay, redo.

The last part of this word, "**SENTMENT**" comes from an old word called "**sentire**", which means to feel.

**Resentment means to re-feel!**



re → feel

## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS – DEFINITION OF RESENTMENT

Now when they do that, that's a **wrong on their part** for doing so, **that's not a resentment.**

It doesn't become a resentment until ... I replay that thing in my mind, and I feel the pain the second time.

The first time they did it to me hurt me, but when I go over it and replay it, and feel the pain the second time then I'm doing it to myself now.



... it seems as though when I replay this thing, each time I tend to change it just a little bit.

- I tend to make what they did to me just a little bit worse.
- I tend to make what I did just a little bit less. I tend to make the pain just a little bit deeper



## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS – SELF-RESENTMENT AND SELF-PITY



...alcoholics have up here in our heads a little resentment replay machine!

Now there's a **bad thing about a resentment, each time you play it over in your head, each time you throw it out there, after a while it turns around and comes back at you...When it comes back at you it comes back as self-resentment!**

After a while **self-resentment** turns to **self-pity.**

**God is absolutely, completely blocked out of our mind through these resentments.**





## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS – RESENTMENT FORM (COLUMN 1)

#### AA Big Book – How it Works - Page 65

*"In dealing with resentments we set them on paper.*

*We listed people, institutions or principles with whom we were angry." (Complete Column 1 from top to bottom.*

**Do nothing on Columns 2, 3,4 or 5 until Column 1 is complete.)**

COLUMN 1	
I'm resentful at:	
1	Mr. Brown
2	Mrs. Jones
3	My Employer
4	My Wife
5	
6	

# HOW IT WORKS - STEP 4 (PART 1)



## HOW IT WORKS –RESENTMENT FORM (COLUMNS 1, 2, AND 3)

### AA Big Book – How it Works - Page 65

*"We ask ourselves why we were angry."*

(Complete Column 2 from top to bottom.

Do nothing on Columns 3,4 or 5 until Column 2 is complete.)

COLUMN 1		COLUMN 2
	<b>I'm resentful at:</b>	<b>The cause:</b>
1	Mr. Brown	His attention to my wife. Told my wife of my mistress. Brown may get my job at the office.
2	Mrs. Jones	She's a nut—she snubbed me. She committed her husband for drinking. He's my friend. She's a gossip.
3	My Employer	Unreasonable—Unjust—Overbearing—Threatens to fire me for drinking and padding my expense account.
4	My Wife	Misunderstands and nags. Likes Brown. Wants house put in her name.
5		
6		

## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS –RESENTMENT FORM (COLUMNS 1, AND 2 - COMPLETE)

....part of that forgiving process can start right here when I begin to realize it's not them, it's what they've done that's got me upset

1. I learned how resentful I really am, how much that blocks me from God.
2. I learned it's not them I resent; it's what they've done to me that I actually resent.



## HOW IT WORKS - STEP 4 (PART 1)



### HOW IT WORKS – RESENTMENT FORM (COLUMN 3)

**SELF  
ESTEEM**

1-17027001 6/1/2008 www...



**BIG  
AMBITIONS**



### AA Big Book – How it Works - Pages 64 & 65

*"In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened. So we were sore. We were "burned up."*

*On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with? We were usually as definite as this example:"*

# HOW IT WORKS - STEP 4

## BASIC INSTINCTS OF LIFE

BASIC INSTINCTS OF LIFE WHICH CREATE SELF		
SOCIAL INSTINCT	SECURITY INSTINCT	SEX INSTINCT
<p><b>COMPANIONSHIP</b> - Wanting to belong or to be accepted.</p> <p><b>PRESTIGE</b> - Wanting to be recognized, or to be accepted as a leader.</p> <p><b>SELF-ESTEEM</b> - What we think of ourselves, high or low.</p> <p><b>PRIDE</b> - An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate).</p> <p><b>PERSONAL RELATIONSHIPS</b> - Our relations with the world around us.</p> <p><b>AMBITIONS</b> - Our plans to gain acceptance, power, recognition, prestige, etc.</p>	<p><b>MATERIAL</b> - Wanting money, buildings, property, clothing, etc. In order to be secure in the future.</p> <p><b>EMOTIONAL</b> - Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others.</p> <p><b>AMBITIONS</b> - Our plans to gain material wealth, or to dominate, or to depend upon others.</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>SELF is made up of: Social Instinct Security Instinct Sex Instinct</p> </div> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>WRONGS</p> </div>	<p><b>ACCEPTABLE</b> - Our sex lives as accepted by Society, God's principles or our own principles.</p> <p><b>HIDDEN</b> - Our sex lives that are contrary to either Society, God's principles, or our own principles.</p> <p><b>AMBITION</b> - Our plans regarding our sex lives either acceptable or hidden.</p>
<b>RESENTMENTS</b>	<b>FEAR</b>	<b>HARMS OR HURTS</b>
Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings of being injured or offended.	Feelings of anxiety, agitation, uneasiness, apprehension, etc.	Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and also self.

If you threaten my **social instinct** in any way, my self-esteem, my personal relations, you're going to upset me, make me **angry**.

If you threaten my **security**, either **material** or **emotional**, you're going to upset me and make me **angry**.

If you threaten my **sex life** in anyway, you're going to upset me and make me **angry**.





## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS –RESENTMENT FORM (COLUMNS 1, 2, AND 3) REVIEW

#### **Column 1**

We listed the people we're angry with, resentful at. And we realize how resentful we really are, and how much that blocks us off from the sunlight of the spirit.

#### **Column 2**

We learned it's not them we're resentful at; it's what they've done to us.

#### **Column 3**

We learned it's not even what they've done to us. It's how we choose to react to it based on our relationship with God and whether our instincts are under control or not.

**Column 1** - how many resentments we have

**Column 2** - the cause of the resentment

**Column 3** - the part of self that was affected



## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS – RESENTMENT FORM (STEP 4 PRAYER)



escape the mind



### AA Big Book – How it Works - Page 66

*"How could we escape? We saw that these resentments must be mastered, but how? We could not wish them away any more than alcohol.*

*This was our course: We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. **We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend.** When a person offended we said to ourselves, **"This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."***



## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS – RESENTMENT FORM (COLUMN 4)

#### AA Big Book – How it Works - Page 67

*“Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. **Where had we been selfish, dishonest, self-seeking and frightened?** Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man’s. **When we saw our faults we listed them. We placed them before us in black and white. We admitted our wrongs honestly and were willing to set these matters straight.**”*

COLUMN 4			
What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings:			
Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate
✘ ✘	✘ ✘	✘ ✘ ✘	✘
	✘	✘	✘
✘	✘	✘	✘
✘	✘	✘	✘

## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS –RESENTMENT FORM (COLUMN 4)



#### What did you do, if anything, to set that in motion?"

...if I hadn't been out there screwing around she probably wouldn't have caught me. And she probably wouldn't have filed for divorce in the first place.

...if I hadn't been sneaking around behind her back lying to her all the time, completely dishonest with her, she probably wouldn't have filed for divorce in the first place

...if I hadn't been blowing all of her money on booze and what I think was important she probably wouldn't have filed for divorce in the first place.

...you see when I could concentrate on her filing for divorce and **play that over and over and over and over in my head, gradually distorting the picture every time I played it over making what she did a little bit worse and what I did a little bit less. And let me play it long enough I could gradually transfer all blame to her and make myself as pure as the driven snow.**

I thought my God Charlie, have you done that with any other resentments here?

## HOW IT WORKS - STEP 4 (PART 1)

### HOW IT WORKS – RESENTMENT FORM (COLUMN 5)

Where had I been **selfish, dishonest, self-seeking, frightened or inconsiderate?** All other character defects stem from these.

But just think, if I could become a little less selfish, oh I don't have to get perfect I never will. **But if I could become a little less selfish, if I could become a little less dishonest, if I could become less frightened and self-seeking, if I could become a little more considerate of other people, and their needs and their wants maybe I wouldn't have to do some of that kind of stuff. Maybe I wouldn't hurt people and maybe they wouldn't retaliate and I wouldn't have to resent. And just maybe I wouldn't have to get drunk over it.**

#### COLUMN 5

##### Questions

Where were we to blame?

What was my part?

What did I do that initially got the ball rolling?

How could I have done things differently?



A blue-tinted background image featuring a professional microphone on a stand, with a pop filter in front of it. The microphone is the central focus, and the background is slightly blurred.

**MODERATOR, PLEASE  
STOP THE RECORDING**

**Surrender School Closing  
Announcements?**



# SERENITY PRAYER

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

# QUESTIONS

- Are you constitutionally incapable of being honest with yourself?
  - Constitutionally incapable of being honest with self, would mean at the core being one is not able to see the truth about themselves.
- Are you powerless?
- Do you believe there is a Power greater than you that can restore you to sanity?
- Have you decided (“...made a decision...”) to take action?

The Basic Instincts of Life: [Twelve Steps and Twelve Traditions:\(AA Netherlands\)](#)  
[Joe and Charlie Handouts](#)