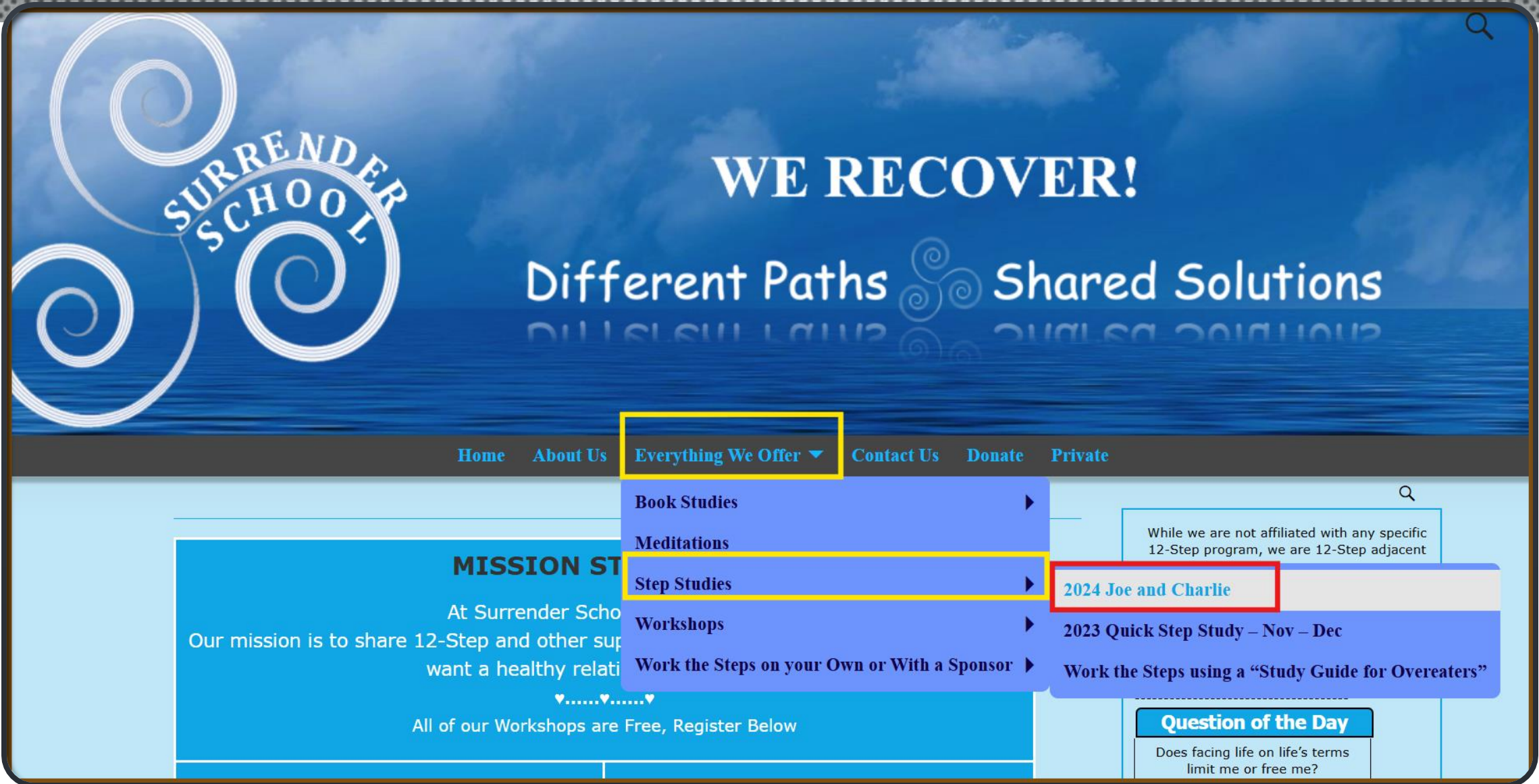


**SURRENDER SCHOOL
PRESENTS
JOE & CHARLIE**

**BIG BOOK STUDY
WEEK 8**



How to access [Surrender School](#)

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

MESSAGES FROM THE SURRENDER SCHOOL BOARD

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 – \(How It Works\)](#)**
- [Step 5, Step 6, and Step 7](#)
- [Step 8, Step 9, Step 10, Step 11, Step 12](#)

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**MODERATOR, PLEASE
START THE RECORDING**

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

WEEK 8

STEP 4 – PART 2



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 8

HOW IT WORKS

Step 4 - Part 2 (Pages 67 – 71)

REVIEW STEP 4 (PART 1)

RESENTMENTS

HOW IT WORKS - STEP 4 (PART 1)

RESENTMENT FORM (COLUMN 1)

AA Big Book – How it Works - Pages 64 & 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.

There we learn how to look at our resentments. To take an honest, truthful, moral inventory. And as we listed those resentments, we begin to see the truth about them.

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

HOW IT WORKS - STEP 4 (PART 1)

RESENTMENT FORM (COLUMNS 2)

AA Big Book – How it Works - Page 65

"We ask ourselves why we were angry." (Complete Column 2 from top to bottom.

The second thing we saw: in column 2, it is not those people or institutions we resent, it's what they've done to us that we actually resent.

COLUMN 2
The cause:
His attention to my wife. Told my wife of my mistress. Brown may get my job at the office.
She's a nut—she snubbed me. She committed her husband for drinking. <u>He's</u> my friend. She's a gossip.
Unreasonable—Unjust—Overbearing—Threatens to fire me for drinking and padding my expense account.
Misunderstands and nags. Likes Brown. Wants house put in her name.
He cheated multiple times He lied (frequently)

HOW IT WORKS - STEP 4 (PART 1)

RESENTMENT FORM (COLUMNS 3)

AA Big Book – How it Works - Page 65

On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our sex instinct, which caused the harm?

The third thing we found out in column 3, it's not even what they've done to us, it's how we choose to react to a threat to one of our basic instincts of life which is going to determine whether we are resentful or not

"SELF" COLUMN 3										
AFFECTS MY (Which part of self is affected?)										
Social Instinct				Security Instinct		Sex Instinct		Ambitions		
Companionship	Prestige	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual
XX XX XX	XX XX XX	XX XX XX	XX XX XX	XX XX	XX XX XX	XX XX XX	XX XX	XX XX XX	XX XX XX	XX XX XX
XX XX	XX XX	XX XX	XX XX		XX XX	XX XX		XX XX	XX XX	XX XX

HOW IT WORKS - STEP 4 (PART 1)

RESENTMENT FORM (COLUMN 4)

AA Big Book – How it Works - Page 67

"Where had we been selfish, dishonest, self-seeking and frightened? "

"Where were we to blame? The inventory was ours, not the other man's. When we saw our faults we listed them."

We went back to the resentment sheet and we looked at it from an entirely different angle now. We begin to look at it to see what had we done to set that thing in motion or what did we do, we had never looked at before. And in our fourth column we found that in almost all cases whatever the resentment was we ourselves did something to set it in motion. And we hurt other people, the retaliated, we resented, we played the resentment over and over and over, distorted the picture, finally transferred all blame to other people.

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)

RESENTMENT FORM (COLUMN 5)

AA Big Book – How it Works - Page 67

“Where had I been **selfish, dishonest, self-seeking, and frightened (inconsiderate)?** All other character defects stem from these.”

We looked in the fifth column to see the exact nature of that resentment.

And we begin to see in the fifth column the things that we will need to change in our personality if we want to live with peace of mind, serenity and happiness in the future.

In the fifth column we now had all the information we needed for steps 5, 6 and 7. And then the names in the first column, those that we had harmed, they come off of there to be added to the list to be used for 8 and 9 at a later date. So we really ended up in this simple little inventory with all the information we needed for 4, 5, 6, 7, 8 and 9 resentment wise. Very positive thing took place. Resentments disappeared and they were replaced with patience, tolerance, compassion and goodwill.

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?
I haven't been pay attention to the wife I have been unfaithful I have not been a good employee
She doesn't like it when I encourage her husband to stay out late drinking. She tell everyone I am a bad influence.
My employer reprimands me "no call no show after stay out late drinking. They found out I was thief (padded exp reports)
The wife doesn't like that I do not contribute to the family. My drinking is causing financial hardships.
Selfish: I tried to change him Dishonest: Not accepting the truth when presented. Frightened: I did not want to be alone again. Inconsiderate: I talked crap about him to all that would listen.

STEP 4 (PART 2)

FEARS

SEX CONDUCT

HOW IT WORKS - STEP 4 (PART 2)



FIND THE FACT, FACE THE FACTS, ACCEPT THE FACTS

We're going to **find the facts**, we're going to **face the facts** eventually through this process, and we're going to **accept the facts** as they really are truthfully.



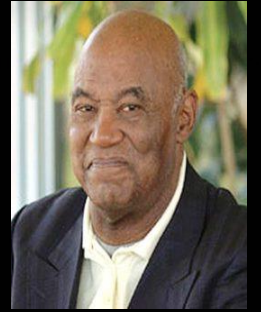
And it says also that **when the spiritual malady is overcome we straighten out mentally and physically.**

The spiritual malady is not only my relationship with God, but my relationship with me, my mental attitudes and my relationship with other people.

And Dr. Jung said **we're going to have to look at our ideas, emotions and attitudes and that's what we're doing through this inventory process.** Looking at ideas, emotions and attitudes and see where they came from. And if we will we'll go back now to page 18...



HOW IT WORKS - STEP 4 (PART 2)



AA Big Book - There Is A Solution - Page 18

"An illness of this sort, and we have come to believe it an illness, involves those about us in a way no other human sickness can. If a person has cancer all are sorry for him and no one is angry or hurt. But not so with the alcoholic illness, for with it there goes annihilation of all the things worthwhile in life. It engulfs all whose lives touch the sufferer's. It brings misunderstanding, fierce resentment, financial insecurity, disgusted friends and employers, warped lives of blameless children, sad wives and parents anyone can increase the list."

In other words it's a family illness; it affects everybody in the family to some extent. And if you live with one of us very long you'll be affected by it in some manner for sure. And as I look back in my life to see where these ideas, emotions and attitudes that would become the guiding force of my life started way, way back.

HOW IT WORKS - STEP 4 (PART 2)



FEAR

AA Big Book – How it Works - Page 67

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



HOW IT WORKS - STEP 4 (PART 2)

FEAR



AA Big Book – How it Works - Page 67

*"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.**"*

HOW IT WORKS – REVIEW OF FEARS

REVIEW OF FEARS FORM - COMPLETED



REVIEW OF FEARS

INSTRUCTIONS FOR COMPLETION

- In dealing with fears we set them on paper. We listed people, institutions or principles with whom we were fearful. (Complete Column 1 from top to bottom. Do nothing on Columns 2, 3, 4 or 5 until Column 1 is complete.)
- We ask ourselves why do I have the fear. (Complete Column 2 from top to bottom. Do nothing on Columns 3, 4 or 5 until Column 2 is complete.)
- Which part of self caused the fear. Was it our self-esteem, our security, our ambitions, our sex instinct, which caused the harm? (Complete each column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 or 5 until Column 3 is complete.)
- Returning 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 and inconsiderate? (Asking our-selves the above questions we complete column 4).
- Reading from left to right we now see the fear (Column 1), why do I have the fear (Column 2), the part of self that caused the fear (Column 3), the exact nature of the defect within us that allowed the fear to surface and block us off from God's will (Column 4). We then completed column 5.

COLUMN 1		COLUMN 2
I'm fearful of:		Why do I have the fear:
1	People: Mr. Brown	Mr. Brown saw me out with my Mistress. He may tell my wife.
2	Institutions: My Employer	I may be fired for padding my expense account.
3	Principle: I will never recover from addiction	I hate the way I feel, act, and look in active addiction
4		

"SELF"														COLUMN 4		COLUMN 5		
AFFECTS MY (Which part of self is affected?)														What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings:		Questions		
Social Instinct				Security Instinct			Sex Instinct		Ambitions									
Companionship	Prestige	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate				
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	I cheated on my wife. Compromised my morals.		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?	
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	I cheated the company by padding my expense report			
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Eat too much Will not exercise Will not take help when offered			

HOW IT WORKS – REVIEW OF FEARS

COLUMN 1

COLUMN 1	
I'm fearful of:	
1	People: Mr. Brown
2	Institutions: My Employer
3	Principle: I will never recover from addiction
4	

Column One

Who or what do I fear?

List People, Principles and Institutions from top to bottom one column at a time.

Mainly what we're looking at are these fears in our head that just continuously

- control us
- rule us
- dominate us

HOW IT WORKS – REVIEW OF FEARS



COLUMN 2

Column Two

...write down beside each of these People, Principals and Institutions of whom I am fearful, what am I afraid of in conjunction with those people?

Am I afraid that one of them is going to do something to me?

Am I perhaps going to go to jail for some of the things that I did?

Am I going to lose something of value?

Am I going to lose face?

Will it result in divorce?

Will it destroy a personal relationship?

Might I lose my job?

COLUMN 2

Why do I have the fear:

Mr. Brown saw me out with my Mistress. He may tell my wife.

I may be fired for padding my expense account.

I hate the way I feel, act, and look in active addiction

HOW IT WORKS – REVIEW OF FEARS

COLUMN 3



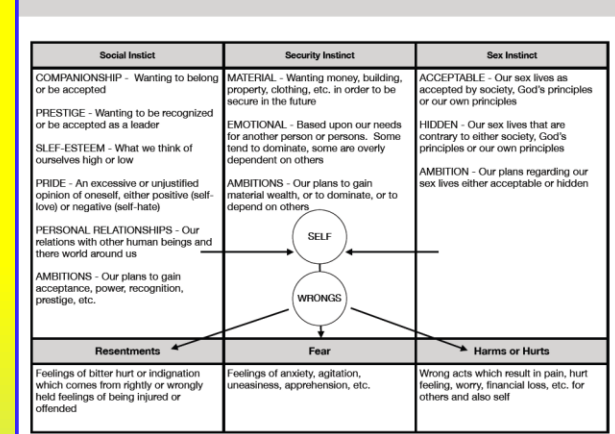
"SELF" COLUMN 3										
AFFECTS MY (Which part of self is affected?)										
Social Instinct			Security Instinct			Sex Instinct		Ambitions		
Companionship	Prestige	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Column Three

What part of myself was affected?

- my self-esteem?
- my security?
- my ambitions?
- personal or sex relations?

Basic Instincts of Life Which Create Self



Today I realize (fear) it comes from the threat to one of the basic instincts of life. And just like with a resentment, if my basic instincts are at the level that God intends for them to be, if my relationship (with God) is right, then you can do about anything you want to to me and I'm not going to experience fear because of it.

But I'll guarantee you if my instincts are not under control, my relationship with God is not right, then about anything you do or say to me is going to create fear.

HOW IT WORKS – REVIEW OF FEARS

COLUMN 4

Column 4

- “What did I do?”
- What did I do to set the ball rolling?



You see that’s one of the definitions of one of those wrongs:

Fear is incorrect believing!

And if we carefully look at each one of these fears we’re going to find that they are absolutely wrong. They started with truth, we distorted the picture, and once again we've used them to transfer blame to others so we don’t ever have to look at ourselves. **Same identical thing as with resentments.**

COLUMN 4

What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings:

	Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate
	✓	✓	✓	✓
	✓	✓	✓	✓
	✓	✓	✓	✓

HOW IT WORKS – REVIEW OF FEARS

COLUMN 5



Column 5

Where was I to blame?

What was my part?

What did I do that initially go the ball rolling?

How can I have done things differently?

...in this fifth column we see the exact nature of the wrong for step 5, the defects for step 6, the shortcomings that we're going to ask God to take away in step 7.

Then once again many of the names over here in column 1 will be people and institutions we've harmed and we're scared to death of what they're going to do whenever they catch us.

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?

I cheated on my wife.
Compromised my morals.

I cheated the company
by padding my expense
report

Eat too much
Will not exercise
Will not take help
when offered

HOW IT WORKS - STEP 4 (PART 2)



STEP 4 PRAY - FEAR

AA Big Book – How it Works - Page 68



"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.

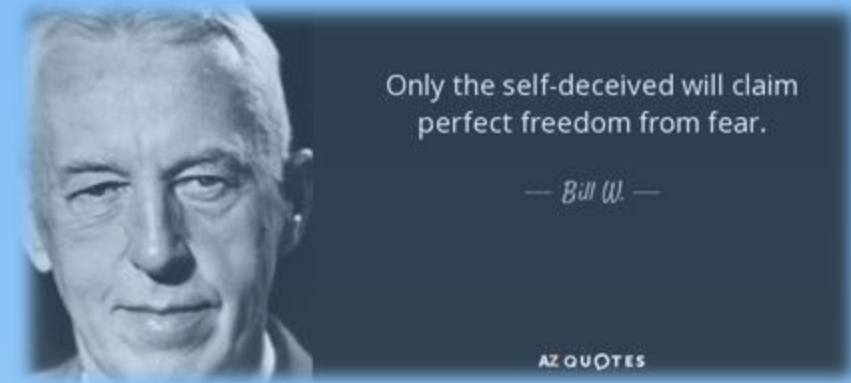
*We never apologize to anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness. Paradoxically, it is the way of strength. The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God. We never apologize for God. 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."*

HOW IT WORKS - STEP 4 (PART 2)

STEP 4 PRAY - FEAR

You know we hear always about the promises on page 83-84. We never hear about the promises that are spread throughout the entire book.

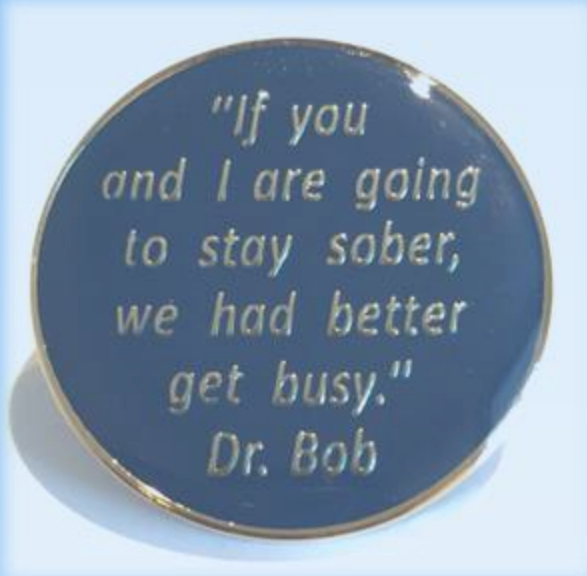
We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow that fear.



Now we can take these deep-seated fears just like deep-seated resentments. Through prayer on a daily basis, asking God to take this particular fear away from me, direct my attention to what he would have me be instead of that and at once I commence to outgrow that fear. And over a period of days as he directs my attention to what he would have me be and I try to be that, as I ask him to take that fear away, some morning I wake up and that fear is gone.

Courage, faith and fear will not exist on the same plain

The fear will be replaced by the courage to do the opposite of that fear and as we begin to change it will be replaced by faith that God really can do these things. And slowly we can remove those fears too.



HOW IT WORKS - STEP 4 (PART 2)

REVIEW OF OUR OWN SEX CONDUCT



AA Big Book – How it Works - Pages 68 & 69

"Now about sex. Many of us needed an overhauling there. But above all, we tried to be sensible on this question. It's so easy to get way off the track. Here we find human opinions running to extremes—absurd extremes, perhaps. One set of voices cry that sex is a lust of our lower nature, a base necessity of procreation. Then we have the voices who cry for sex and more sex; who bewail the institution of marriage; who think that most of the troubles of the race are traceable to sex causes. They think we do not have enough of it, or that it isn't the right kind. They see its significance everywhere.





HOW IT WORKS - STEP 4 (PART 2) REVIEW OF OUR OWN SEX CONDUCT

AA Big Book – How it Works – Page 69

"One school would allow man no flavor for his fare and the other would have us all on a straight pepper diet. We want to stay out of this controversy. We do not want to be the arbiter of anyone's sex conduct. We all have sex problems. We'd hardly be human if we didn't. What can we do about them?"

HOW IT WORKS - STEP 4 (PART 2)

REVIEW OF OUR OWN SEX CONDUCT



AA Big Book – How it Works - Page 69

*"We reviewed our own conduct over the years past. **Where had we been selfish, dishonest, or inconsiderate? Whom had we hurt? Did we unjustifiably arouse jealousy, suspicion or bitterness? Where were we at fault, what should we have done instead? We got this all down on paper and looked at it.**"*



HOW IT WORKS - STEP 4 (PART 2)

REVIEW OF OUR OWN SEX CONDUCT

REVIEW OF OUR OWN SEX CONDUCT

INSTRUCTIONS FOR COMPLETION

1. We listed all people we harmed. (Complete Column 1 from top to bottom. Do nothing on Columns 2, 3, 4 or 5 until Column 1 is complete.)
2. We ask ourselves what we did. (Complete Column 2 from top to bottom. Do nothing on Columns 3, 4 or 5 until Column 2 is complete.)
3. Was it our self-esteem, our security, our ambitions, our sex instinct, which caused the harm? (Complete each column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 or 5 until Column 3 is complete.)
4. Returning 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 and inconsiderate? (Complete Column 4 from top to bottom. Do nothing on Column 5.)
5. Reading from left to right we now see the harm (Column 1), what we did (Column 2), the part of self that caused the harm (Column 3), and the exact nature of the defect within us that caused the harm to surface and block us off from God's will (Column 4). (Complete Column 5.)

COLUMN 1		COLUMN 2
Who did I harm?		What did I do?
1	My Wife	Cheated on her
2	My Ex	Purposely flirted with his friend to invoke a response

"SELF"

COLUMN 3

COLUMN 4

COLUMN 5

AFFECTS MY (Which part of self is affected?)														What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings:	Questions		
Social Instinct				Security Instinct		Sex Instinct		Ambitions									
Companionship		Prestige	Self-Esteem	Personal Relationships		Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate	
×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	Went outside of the marriage. Embarrassed my wife in front of Mr. Brown.
×	×	×	×		×	×		×	×	×	×	×	×	×	×		Purposely provoked a friend to cause maximum harm

HOW IT WORKS - STEP 4 (PART 2)

WAYS WE HURT OTHERS WITH OUR SEX CONDUCT



- I'm in a married relationship and I go outside of that relationship and I have sex out there and my wife finds out about it.
- If that sexual escapade creates a trouble between my wife and I,
 - there are children in my home, and then I've hurt my children also by the same sexual escapade.

- If the lady I had sex with out there, if it becomes common knowledge, I've hurt her too.
 - If she has a husband and children I've hurt them also.



HOW IT WORKS - STEP 4 (PART 2)



WAYS WE HURT OTHERS WITH OUR SEX CONDUCT



- **I think sometimes we hurt people in a sexual area by demanding more than our fair share.**

Maybe our partner isn't too keen about having sex every time we want to. Rather than consider their needs, wants and desires, we selfishly demand that they have sex with us when they really don't want to.

- **I think sometimes we hurt people in a sexual area by demanding that they do things with us physically sexually that they really don't want to do.**

And once again rather than consider their needs and wants we selfishly demand those things. Surely we create a problem for them, if not physically at least emotionally.

- **I think sometimes we hurt people in a sexual area just by withholding sex.**

Maybe we're not too keen to have sex every time our partner wants to and rather than consider their needs and wants we selfishly withhold when perhaps we should give in a little more often.



"Not tonight dear. I've got a headache."

HOW IT WORKS - STEP 4 (PART 2)

REVIEW OF OUR OWN SEX CONDUCT – COLUMN 1, 2, AND 3

REVIEW OF OUR OWN SEX CONDUCT

INSTRUCTIONS FOR COMPLETION

1. We listed all people we harmed. (Complete Column 1 from top to bottom. Do nothing on Columns 2, 3, 4 or 5 until Column 1 is complete.)
2. We ask ourselves what we did. (Complete Column 2 from top to bottom. Do nothing on Columns 3, 4 or 5 until Column 2 is complete.)
3. Was it our self-esteem, our security, our ambitions, our sex instinct, which caused the harm? (Complete each column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 or 5 until Column 3 is complete.)
4. Returning 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 and inconsiderate? (Complete Column 4 from top to bottom. Do nothing on Column 5.)
5. Reading from left to right we now see the harm (Column 1), what we did (Column 2), the part of self that caused the harm (Column 3), and the exact nature of the defect within us that caused the harm to surface and block us off from God's will (Column 4). (Complete Column 5.)

COLUMN 1	
Who did I harm?	
1	My Wife
2	My Ex

COLUMN 2	
What did I do?	
	Cheated on her
	Purposely flirted with his friend to invoke a response

"SELF" COLUMN 3										
AFFECTS MY (Which part of self is affected?)										
Social Instinct			Security Instinct		Sex Instinct		Ambitions			
Companionship	Prestige	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual
X	X	X	X	X	X	X	X	X	X	X
X	X	X	X		X	X		X	X	X

HOW IT WORKS - STEP 4 (PART 2)



REVIEW OF OUR OWN SEX CONDUCT – COLUMNS 4 AND 5

Column 4 –

- What feelings did I create in others?
- Did I unjustifiably arouse jealousy, suspicion, or bitterness?
- What should I have done instead?

In column 4 not only are we looking to see those things that we did but we also need to be looking at what should we have done instead?

We're trying to shape a new sex life of the future where we can still engage in it and enjoy it yet at the same time not hurt other people.

COLUMN 4				COLUMN 5
What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings:				Questions
Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate	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?
X	X	X	X	Went outside of the marriage. Embarrassed my wife in front of Mr. Brown.
X	X	X	X	Purposely provoked a friend to cause maximum harm

Column 5 –

- Which character defect is involved?

If I wasn't so dishonest I wouldn't be sneaking around behind my wife's back lying to her all the time anyhow.

If I wasn't so afraid of facing life without that sex to build my self-esteem and ego and etc probably wouldn't be doing it in the first place.

And I'll guarantee you that if I stay selfish, dishonest, self-seeking, frightened and inconsiderate.

I'm going to keep right on doing the same old things.

HOW IT WORKS - STEP 4 (PART 2)

REVIEW OF OUR OWN SEX CONDUCT – COMPLETED

REVIEW OF OUR OWN SEX CONDUCT

INSTRUCTIONS FOR COMPLETION

1. We listed all people we harmed. (Complete Column 1 from top to bottom. Do nothing on Columns 2, 3, 4 or 5 until Column 1 is complete.)
2. We ask ourselves what we did. (Complete Column 2 from top to bottom. Do nothing on Columns 3, 4 or 5 until Column 2 is complete.)
3. Was it our self-esteem, our security, our ambitions, our sex instinct, which caused the harm? (Complete each column within Column 3 going from top to bottom. Starting with the Self-Esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 or 5 until Column 3 is complete.)
4. Returning 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 and inconsiderate? (Complete Column 4 from top to bottom. Do nothing on Column 5.)
5. Reading from left to right we now see the harm (Column 1), what we did (Column 2), the part of self that caused the harm (Column 3), and the exact nature of the defect within us that caused the harm to surface and block us off from God's will (Column 4). (Complete Column 5.)

	COLUMN 1 Who did I harm?	COLUMN 2 What did I do?
1	My Wife	Cheated on her
2	My Ex	Purposely flirted with his friend to invoke a response

"SELF" COLUMN 3 AFFECTS MY (Which part of self is affected?)														COLUMN 4 What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings:	COLUMN 5 Questions	
Social Instinct				Security Instinct		Sex Instinct		Ambitions								
Companionship	Prestige	Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate		
															×	×
×	×	×	×		×	×		×	×	×	×	×	×	×	×	Purposely provoked a friend to cause maximum harm

HOW IT WORKS - STEP 4 (PART 2)



CONDUCT PRAYERS

AA Big Book – How it Works - Page 69

*"In this way we tried to shape a sane and sound ideal for our future sex life. We subjected each relation to this test—was it selfish or not? **We asked God to mold our ideals and help us to live up to them.** We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed."*



AA Big Book – How it Works - Pages 69 & 70

*"Whatever our ideal turns out to be, we must be willing to grow toward it. We must be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing. In other words, we treat sex as we would any other problem. **In meditation, we ask God what we should do about each specific matter.** The right answer will come, if we want it."*

God alone can judge our sex situation. Counsel with persons is often desirable, but we let God be the final judge. We realize that some people are as fanatical about sex as others are loose. We avoid hysterical thinking or advice."

HOW IT WORKS - STEP 4 (PART 2)

CONDUCT PRAYERS



AA Big Book – How it Works - Page 70

*"Suppose we fall short of the chosen ideal and stumble? Does this mean we are going to get drunk. Some people tell us so. But this is only a half-truth. It depends on us and on our motives. If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson. **If we are not sorry, and our conduct continues to harm others, we are quite sure to drink. We are not theorizing. These are facts out of our experience.**"*

AA Big Book – How it Works - Page 70

*"To sum up about sex: **We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing.** If sex is very troublesome, we throw ourselves the harder into helping others. We think of their needs and work for them. This takes us out of ourselves. It quiets the imperious urge, when to yield would mean heartache."*



HOW IT WORKS - STEP 4 (PART 2)

REVIEW HARMS OTHER THAN SEXUAL



REVIEW OF HARMS OTHER THAN SEXUAL

SELF

COLUMN 1		COLUMN 2		COLUMN 3				COLUMN 4			
Who did I hurt?		What did I do?		AFFECTS MY (what part of self caused the hurt)				What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?			
				Social Instinct	Security Instinct	Sex Instinct	Ambitions				
1	Co-workers	Stole from their desks		✓	✓		✓	Took things that did not belong to me. Lied to cover up the crime.			
2								Tried to refill the stolen items			

Column 1 - who did I hurt

Column 2 – what did I do

Column 3 - what part of self is affected

Column 4 – what feelings did I create in others? What should I have done instead?

Column 5 – which character defect is involved?

And if we'll do that then we've got everything here that we'll need for 4,5,6 and 7, 8 and 9. And when we've done this sheet, when we have completed our inventory we've got everything we need now for 4,5,6,7, 8 and 9 and now then we are ready to get on with our business.

HOW IT WORKS - STEP 4 (PART 2)

CONDUCT PRAYERS

AA Big Book – How it Works - Page 70

*"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."*



AA Big Book – How it Works - Pages 70 & 71

In this book you read again and again that faith did for us what we could not do for ourselves. **We hope you are convinced now that God can remove whatever self-will has blocked you off from Him.** If you have already made a decision, and an inventory of your grosser handicaps, you have made a good beginning. That being so you have swallowed and digested some big chunks of truth about yourself.

HOW IT WORKS - STEP 4 (PART 2)



GROSSER HANDICAPS

So what are some of the grosser handicaps which we've looked at?

- Resentment
- Fear
- Guilt
- Remorse

What are some of the basic character defects that we've looked at and the basic cause?

- Selfish
- Dishonest
- Self-seeking
- Frightened
- Inconsiderate

As I look back at my lifetime I can't spot an emotional problem I have ever had that didn't revolve around one of 3 things.

- Madder than hell at somebody.
- Scared to death about something.
- Or I've done something I shouldn't have done and the guilt and remorse was eating me up.

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.