Which Parts of Me Got Hit?

Step Four, Column 3 · every worked example in one place — same numbers as your Columns 1 & 2 packet

Column 3 asks one question about each name on your list: **which parts of me got hit?** There are seven parts. For each one you write one short line, and the fear under it in brackets. This packet shows what "done" looks like for every example you already have.

> *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?*
>
> — BB p. 65 ¶1

How To Do It

ONE NAME AT A TIME

1. Write the prayer at the top of the page: *"God please help me see the truth."*
2. Copy the number and name from Column 1. Then the letter and cause from Column 2. Start with A.
3. Go down the seven parts. For each one, write **one short line**, the way the starter says: *I am… Others should… I want… I need… to be okay.*
4. After each line, write **the fear** in brackets. Flip the line over to find it: *"I am a good dad"* hides **(a bad dad)**.
5. A part that didn't get hit? Skip it. Pocket Book only when it touched your money or your job.
6. Next name. Stuck? Circle it and keep going. Bring it to your sponsor.

Rules That Keep It Easy

FROM THE WORKBOOK

- **No "I think" or "I feel."** Say it flat, like a claim. *I am…*, not *I feel like…*
- **Write like a man who thinks well of himself.** The workbook's reason: if you really believed you had it coming, you wouldn't be mad. The anger proves the claim is in there.
- **The fear is the flip side of the line.** *"Others should respect me"* hides **(disrespected)**.
- **Do a dozen and it clicks.** The workbook's own words: *"This is difficult to understand at first, do a dozen or so and you'll get the hang of it."*
- **The shortcut.** Do Self-esteem and Pride for *every* name first. Then Ambition and Security for every name. Then the last three.
- **Column 3 never asks what you did.** That is Column 4, next meeting.

The Workbook's Own Example — #1, Mr. Brown

FROM THE COLUMN 3 INSTRUCTIONS PAGE

THE PART	WHAT I WAS TELLING MYSELF	THE FEAR UNDER IT
Self-esteem *I am…*	*I am the best husband my wife could have.*	**(not good enough)**
Pride *Others should…*	*No one should challenge my wife's love for me.*	**(challenged)**
Ambition *I want…*	*I want others to respect my relationship with my wife.*	**(disrespected)**
Security *I need… to be okay*	*I need others to acknowledge who I am to be okay.*	**(not acknowledged)**
Personal relations *how this relationship should go*	*Real friends never make their friends unimportant.*	**(unimportant)**
Sex relations *A real man…*	*A real man stands up for himself. A real man commands the respect of others.*	**(confrontation) (not respected)**
Pocket book *No one should… — money*	"I only write on pocketbook if it affects my finances or job in some way."	

Two honest answers to one name. The workbook's filled sample sheet writes Mr. Brown a second way — that version is #1 on page 3. Yours would be a third. There is no answer key. There is only *your* line and *your* fear.

Everything after page 2 is **ideas, not answers**. Same numbers as your Columns 1 & 2 packet. Read one, then write yours.

The Seven Parts of Me

keep this page open while you write — each part is one piece of the show I was trying to run

> *Each person is like an actor who wants to run the whole show; is forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way.*
>
> — BB p. 60 ¶8

1 · Self-esteem

SE · "I AM…"

Who I say I am. The part I gave myself in this scene. A claim, not a feeling. If it made you feel small, dumb, or like a bad person, that sting is the claim getting hit.

- *"I am a great guy to have around."*
- *"I am a good dad."*

fear under it not good enough · worthless · a bad dad

2 · Pride

P · "OTHERS SHOULD…"

How I say other people should see me. Not how they do see me. How I demand they see me. It gets hit when someone sees me in a way I don't allow.

- *"People should see how hard I work."*
- *"No one should see me as weak."*

fear under it disliked · disrespected · judged · weak

3 · Ambition

A · "I WANT…"

What I wanted out of this. The payoff I decided they owed me. Love, respect, the win, the job, even payback. It gets hit when I don't get it.

- *"I want her to trust me."*
- *"I want them to admit they were wrong."*

fear under it unloved · not respected · never getting it

4 · Security

S · "I NEED… TO BE OKAY"

What I say I must have to be okay. My job, my home, my money. People-things too: being loved, not being left. The test: does it fit *"I need ___ to be okay"*?

- *"I need this job to be okay."*
- *"I need her to stay to be okay."*

fear under it left · alone · broke · unsafe

5 · Personal relations

PR · "WIVES…" "FATHERS…" "FRIENDS…"

My rules for how this kind of relationship should go. What a wife, a dad, a boss, or a friend is supposed to do. Works for a church, a court, even God. A rule about a *real man* goes under Sex relations instead.

- *"Wives stick by their husbands."*
- *"Fathers stay."*

fear under it alone · not trusted · unloved · used

6 · Sex relations

SR · "A REAL MAN…"

My rules for what a real man is. Bigger than sex. It shows up at work, at home, anywhere the rule can get broken. Sex and romance land here too.

- *"A real man stands up for himself."*
- *"A real man provides."*

fear under it weak · less than · powerless · unwanted

7 · Pocket book

PB · "NO ONE SHOULD…" — MONEY

My money. Paycheck, job, savings, what I own, what I owe. Still a rule I wrote: *no one gets to touch my money.* Only write here when it touched your money or your job. Most names skip it.

- *"No one should mess with my paycheck."*
- *"Others should pay back what they owe me."*

fear under it fired · broke · a bad provider

Fear words — when you can name it, write the word: not good enough · a bad dad · weak · unloved · alone · left · not trusted · judged · disrespected · used · powerless · a failure · broke · fired · locked up · replaced · invisible · a burden

The List, Written Out

#1–#4 — the Book's four, from How It Works, p. 65. The Book marks the parts; the workbook's sample sheets write a line for each. Both are Column 3.

1) Mr. Brown · A) His attention to my wife.

		PERSON
Self-esteem	*I am a great guy to have around.*	**(not good enough)**
Pride	*No one should want to take advantage of me.*	**(taken advantage of)**
Ambition	*I want the respect of others.*	**(not respected)**
Security	*I need to not be challenged to be okay.*	**(losing)**
Personal relations	*Fellow workers can trust each other.*	**(unable to trust)**
Sex relations	*A real man stands up for himself.*	**(weak)**
Pocket book	*No one should interfere with my job security.*	**(fired)**

The Book's own marks, p. 65: Sex relations · Self-esteem (fear) · Security.

2) Mrs. Jones · A) She's a nut — she snubbed me.

		PERSON
Self-esteem	*I am the greatest friend anyone could have around.*	**(a bad person)**
Pride	*Others should see what a likable guy I am.*	**(disliked)**
Ambition	*I want the respect of others.*	**(not respected)**
Security	*I need others to see my value as a person to be okay.*	**(not valued, worthless)**
Personal relations	*Wives welcome their husband's friends into their homes.*	**(unwelcome)**
Sex relations	*A real man is wanted anywhere.*	**(unwanted)**
Pocket book	"No money involved here." — *skipped*	

The Book's own marks, p. 65: Personal relationship · Self-esteem (fear).

3) My Employer · A) Unreasonable — Unjust — Overbearing — Threatens to fire me.

		PERSON
Self-esteem	*I'm the best employee they can have at my job.*	**(not good enough)**
Pride	*Others should see how irreplaceable I am.*	**(easy to replace)**
Ambition	*I want others to look up to me.*	**(looked down on)**
Security	*I need to know I'm valued at work to be okay.*	**(not valued)**
Personal relations	*Bosses trust the people who work for them.*	**(not trusted)**
Sex relations	*A real man commands the respect of others.*	**(not respected)**
Pocket book	*No one should challenge my ability to do a good job.*	**(fired)**

The Book's own marks, p. 65: Self-esteem (fear) · Security.

4) My Wife · A) Misunderstands and nags. Likes Brown. Wants house put in her name.

		PERSON
Self-esteem	*I'm the best husband she could get.*	**(a bad husband)**
Pride	*Others should see what a great catch I am.*	**(unwanted)**
Ambition	*I want to be loved no matter what I do.*	**(unloved)**
Security	*I need to know she'll never leave me to be okay.*	**(left)**
Personal relations	*Wives stick by their husbands no matter what.*	**(alone)**
Sex relations	*A real man commands the respect of his family.*	**(not respected)**
Pocket book	*No one should look down on my ability to provide for my family.*	**(a bad provider)**

The Book's own marks, p. 65: Pride · Personal / sex relations · Security (fear).

The List, Written Out, continued

#5–#8

The People, Then the Places

#5–#12 — the workbook's list, reason A of each. #5 and #6 were written by women; the rule works the same for a man.

5) Susie · A) She didn't respect that I loaned her money or care about paying me back.

PERSON

Self-esteem	*I am the perfect friend.*	**(not enough, unimportant)**
Pride	*Others should value my help. No one should see me as a pushover.*	**(not valued, used)**
Ambition	*I want friends to never take advantage of me.*	**(used, unappreciated)**
Security	*I need to know my friends won't hurt me to be okay.*	**(hurt, betrayed)**
Personal relations	*Real friends can be trusted with everything.*	**(unable to trust)**
Sex relations	*A real woman commands respect and can control the situation.*	**(disrespected, no control)**
Pocket book	*Others should value my generosity.*	**(not valued)**

6) My Father · A) He loves a woman who tormented me, and he talks down to me.

PERSON

Self-esteem	*I am the good daughter.*	**(not good enough)**
Pride	*Others should see how important I am. No one should see me left out.*	**(not important, abandoned)**
Ambition	*I want the respect and approval of others.*	**(disrespected, rejected)**
Security	*I need to know people close to me will be fair to be okay.*	**(mistreated)**
Personal relations	*Fathers protect their daughters and love them no matter what.*	**(unprotected, unloved)**
Sex relations	*A real woman would get on with her life and not let the past bother her.*	**(weak, crazy)**
Pocket book	*No one should put their wife's comfort above their kids' welfare.*	**(left with less)**

Look at Sex relations. *"A real woman would just get over it."* That line is the wound talking, not the truth. Column 3's whole job is to get it on paper where you can see it is a lie.

7) My Sister · A) Pushes me around. Yells at me over the smallest things.

PERSON

Self-esteem	*I'm a perfect brother.*	**(not good enough)**
Pride	*She should see that I've changed for the better.*	**(still the druggie)**
Ambition	*I want her to go away.*	**(losing my place)**
Security	*I need her to leave me alone, and to feel safe, to be okay.*	**(bossed around, used)**
Personal relations	*Real sisters love their brothers and work through anything.*	**(not trusted)**
Sex relations	*A real woman treats a man decently. A real man commands respect.*	**(single for life)**
Pocket book	*No one should interfere with my financial security.*	**(broke)**

8) My Mother · A) Never satisfied. Criticized me, compared me to my brother and sister.

PERSON

Self-esteem	*I am a good person who deserves to be accepted as I am.*	**(not good enough, defective)**
Pride	*A mother should see who her child really is.*	**(invisible, never enough)**
Ambition	*I want to stop needing her approval and still feel okay.*	**(broken)**
Security	*I need to know I'm lovable exactly as I am to be okay.*	**(love I have to earn)**
Personal relations	*Mothers love their kids no matter what, and protect who they are.*	**(unprotected, unloved)**
Sex relations	*A real man doesn't still need his mother's approval at this age.*	**(immature, weak)**
Pocket book	not hit — skipped	

The List, Written Out, continued

#9–#12

9) My Ex-Wife · A) Uses the kids against me. Tells them I'm the reason the family broke up.

PERSON

Self-esteem	*I am a good father who loves his kids.*	**(a bad father)**
Pride	*Others should see that I've changed and I'm doing my best.*	**(judged, seen as a drunk)**
Ambition	*I want my kids to respect me and want to be with me.*	**(not wanted by my own kids)**
Security	*I need to know my kids still love me to be okay.*	**(losing my children)**
Personal relations	*Parents should never use children as weapons.*	**(powerless)**
Sex relations	*A real man is the head of his house, and his family respects him.*	**(weak)**
Pocket book	*No one should take what little I have when I'm trying to rebuild.*	**(broke, unable to provide)**

10) My Sponsor · A) Told me I wasn't "working the Steps right" and dropped me.

PERSON

Self-esteem	*I am a good person who is trying my best.*	**(not enough, unteachable)**
Pride	*Others should see how hard I'm working. No one should give up on me.*	**(given up on, disposable)**
Ambition	*I want a sponsor who meets me where I am.*	**(failing at recovery)**
Security	*I need someone in my corner who won't quit on me to be okay.*	**(alone, nobody has my back)**
Personal relations	*A real sponsor doesn't bail when it gets hard.*	**(not worth the effort)**
Sex relations	*A real man doesn't need another man to hold his hand through life.*	**(weak, dependent)**
Pocket book	not hit — skipped	

11) The Church · A) Told me I was sinful and going to hell.

INSTITUTION

Self-esteem	*I am a good person who doesn't deserve to be shamed.*	**(flawed to the core)**
Pride	*The church should build people up, not tear them down.*	**(judged, condemned)**
Ambition	*I want a relationship with God without shame.*	**(damaged for good)**
Security	*I need to know I'm not going to hell to be okay.*	**(damned)**
Personal relations	*Religious leaders should practice what they preach.*	**(can't trust anyone)**
Sex relations	*A real man thinks for himself and doesn't let institutions control him.*	**(weak, controlled)**
Pocket book	*No institution should take money from people who can barely afford it.*	**(used)**

An institution gets the same seven. A church, a company, a court. The lines just say "they" instead of "he."

12) The Company · A) Laid me off after 12 years with no warning.

INSTITUTION

Self-esteem	*I am a loyal, hard worker who gave my best years.*	**(disposable, worthless)**
Pride	*A company should reward loyalty and years of service.*	**(humiliated, thrown away)**
Ambition	*I want to be valued for what I've contributed.*	**(never amount to anything)**
Security	*I need steady work to provide for my family.*	**(unable to provide)**
Personal relations	*An employer treats long-time employees with respect and honesty.*	**(betrayed, lied to)**
Sex relations	not hit — skipped	
Pocket book	*No company should be able to wipe out my income overnight.*	**(broke, losing everything)**

The List, Written Out, continued

#13–#16 — the beliefs

Beliefs and Recovery Names

#13–#21 — a belief gets the same seven. Personal relations only if the belief is about a relationship.

13) "God does not care about me" · A) If God cared, He wouldn't have let people abuse me. PRINCIPLE

Self-esteem	*I am worth caring for and protecting. I am valuable.*	**(powerless, never safe)**
Pride	*Others should protect me. Others should see me as strong, not as a victim.*	**(always a victim)**
Ambition	*I want them to pay. I want to believe there is a God who loves me.*	**(worthless, unlovable)**
Security	*I need to be strong and on my own to be okay.*	**(weak, alone)**
Personal relations	*Real men are able to believe in God and have a relationship with Him.*	**(stuck, can't believe)**
Sex relations	*Real men don't get abused. Real men don't need anyone to protect them.*	**(a victim, weak, powerless)**
Pocket book	*No one should make the help to heal so expensive or out of reach.*	**(hopeless, helpless)**

14) "I'll never be fulfilled if I'm not in a relationship" · A) They always leave me. I can't stand to be alone. PRINCIPLE

Self-esteem	*I am desirable. I have what she wants.*	**(ugly, pathetic, alone)**
Pride	*Others should line up to be with me, and see me as having it together.*	**(a fraud, a loser)**
Ambition	*I want to be loved, chased, adored. Wanted.*	**(invisible, boring)**
Security	*I need to be loved by someone to be okay.*	**(broken, defective, alone)**
Personal relations	*Real partners are fully known and fully accepted.*	**(not accepted, unloved)**
Sex relations	*Real men have power, control others, and get what they want.*	**(no control, unwanted)**
Pocket book	*Others should see that I have enough money to attract someone.*	**(ignored, alone)**

15) "I am unloveable" · A) Too many people have rejected me and failed me. PRINCIPLE

Self-esteem	*I am important. I matter. I am loved.*	**(disposable, worthless)**
Pride	*Others should want me and value me.*	**(unwanted, invisible)**
Ambition	*I want to be the center of loving attention.*	**(nobody)**
Security	*I need to be loved by others to be okay.*	**(never loved)**
Personal relations	not a belief about a relationship — skipped	
Sex relations	*Real men are cared for, loved, and sacrificed for.*	**(disgusting, broken)**
Pocket book	*No one should have to spend so much money to get love.*	**(hopeless, can't be fixed)**

16) "I'll never be OK unless I have a lot of money" · A) It takes money to be happy. PRINCIPLE

Self-esteem	*I am what I have and earn. I am powerful and attractive.*	**(a failure, unwanted)**
Pride	*People should want me with or without money, and see me as a success.*	**(a fraud, weak)**
Ambition	*I want people to help me be successful and rich.*	**(poor, disregarded)**
Security	*I need MORE to be okay. I need to matter more than my money to be okay.*	**(money can't buy love)**
Personal relations	*Money is trustworthy. Money makes me happy and secure.*	**(money doesn't work)**
Sex relations	*Real men buy happiness and get whatever they want.*	**(miserable, broke)**
Pocket book	*Others should help me succeed and give me a break.*	**(unsuccessful, alone)**

The List, Written Out, continued

#17–#21

17) "Everyone on social media has a better life than me" · A) People I went to school with post promotions, vacations, happy families. PRINCIPLE

Self-esteem	*I am smart and capable. I should be where they are.*	**(a failure, behind in life)**
Pride	*Others should see me working hard. No one should see me at rock bottom.*	**(pitied, judged)**
Ambition	*I want the life I was supposed to have. The career, the house, the family.*	**(never catch up)**
Security	*I need to know I haven't ruined my shot at a good life to be okay.*	**(too late, hopeless)**
Personal relations	*Real friends don't flaunt their wins in front of people who are struggling.*	**(forgotten, left behind)**
Sex relations	*A real man has something to show for his life by this age.*	**(a loser, less than)**
Pocket book	*No one should start over from nothing while everyone else gets ahead.*	**(broke, stuck)**

18) My Roommate in Sober Living · A) Eats my food and never pays me back. PERSON

Self-esteem	*I am the easy one to live with.*	**(the problem roommate)**
Pride	quiet this time — skipped	
Ambition	quiet this time — skipped	
Security	*I need my spot in this house to be okay.*	**(thrown out)**
Personal relations	*Roommates have each other's backs.*	**(alone in the house)**
Sex relations	quiet this time — skipped	
Pocket book	*Others should pay back what they take. My food is my money.*	**(ripped off)**

Four parts, three skipped, one named fear. That is a finished Column 3. Skipping is honest. Under a minute, then the next name.

19) My Probation Officer · A) Treats me like I'm still using no matter what I do. PERSON

Self-esteem	*I am a man who is doing everything right.*	**(a junkie in her eyes)**
Pride	*Others should see the work I've put in.*	**(judged by my record)**
Ambition	*I want my freedom back.*	**(locked up)**
Security	*I need to keep my job and my freedom to be okay.*	**(locked up, fired)**

20) The Treatment Center · A) Took my family's money and discharged me at 28 days, fixed or not. INSTITUTION

Self-esteem	*I am somebody worth fixing.*	**(a bed, not a person)**
Security	*I need real help to stay clean to be okay.*	**(on my own, using again)**
Personal relations	*A place that takes your money gives you the care it promised.*	**(lied to)**
Pocket book	*No one should take a family's money and give nothing back.*	**(ripped off)**

21) "I can't have fun sober" · A) Everything fun in my life had a drink or a drug in it. PRINCIPLE

Self-esteem	*I am a fun guy.*	**(boring)**
Ambition	*I want to enjoy my life.*	**(life stays gray)**
Personal relations	*Real friends still call after you get clean.*	**(left behind)**
Sex relations	*A real man can still have a good time.*	**(a bore, less than)**

A Dad's List, Column 3

#22–#43 — the same man as your Columns 1 & 2 packet: mid-thirties, married, two kids, a drug addict. Reason A of each name, worked all the way through. Made up, but true to life. Yours will read different.

> *We went back through our lives. Nothing counted but thoroughness and honesty. When we were finished we considered it carefully.*
>
> — BB p. 65 ¶4

The People at Home

22) My Wife · A) She checks my phone.

PERSON

Self-esteem	*I am a good husband who is getting clean.*	**(a bad husband)**
Pride	*She should see I'm not that guy anymore.*	**(not trusted, a liar)**
Ambition	*I want her to trust me again.*	**(never trusted again)**
Security	*I need my marriage to be okay.*	**(divorced, alone)**
Personal relations	*Wives believe their husbands.*	**(a suspect in my own home)**
Sex relations	*A real man is the head of his house.*	**(controlled, small)**
Pocket book	not hit — skipped	

23) My Wife's Mother · A) Told my wife she could do better. More than once.

PERSON

Self-esteem	*I am good enough for her daughter.*	**(not good enough)**
Pride	*She should see what I do for this family.*	**(looked down on)**
Ambition	*I want to be welcome at her table.*	**(unwelcome)**
Security	*I need my wife on my side to be okay.*	**(she picks her mom over me)**
Personal relations	*A mother-in-law stays out of a marriage.*	**(pushed out)**
Sex relations	*A real man runs his own house.*	**(weak)**
Pocket book	*No one should slip my wife money behind my back.*	**(not the provider)**

24) My Mother · A) Picked her boyfriends over us when I was a kid.

PERSON

Self-esteem	*I am a son worth showing up for.*	**(not worth it)**
Pride	*Others should see I turned out okay without her.*	**(still that kid)**
Ambition	*I want her to say she was wrong.*	**(never mattered)**
Security	*I need to know I mattered to her to be okay.*	**(unloved)**
Personal relations	*Mothers put their kids first.*	**(second place)**
Sex relations	*A real man gets over his childhood.*	**(weak, stuck)**
Pocket book	not hit — skipped	

A Dad's List, Column 3, continued

#25–#28 — home, then the street

25) My Father · A) Left when I was seven. PERSON

Self-esteem	*I am a better father than he ever was.*	**(turning into him)**
Pride	*Others should see that I stayed.*	**(the same as him)**
Ambition	*I want him to say he's sorry.*	**(never worth an apology)**
Security	*I need to know it wasn't me to be okay.*	**(the reason he left)**
Personal relations	*Fathers stay.*	**(left again)**
Sex relations	*A real man doesn't walk out on his kids.*	**(his son, after all)**
Pocket book	*No one should skip out on child support for twenty years.*	**(shortchanged)**

26) My Brother · A) He got the family's respect. I got the family's worry. PERSON

Self-esteem	*I am just as good as he is.*	**(the screw-up)**
Pride	*The family should see how far I've come.*	**(the screw-up forever)**
Ambition	*I want the respect he gets.*	**(never respected)**
Security	*I need my family to believe in me to be okay.*	**(written off)**
Personal relations	*Brothers have each other's backs.*	**(alone)**
Sex relations	*A real man is somebody his family looks up to.*	**(less than, a loser)**
Pocket book	not hit — skipped	

The Rest of the People

27) My Dealer · A) Fronted me when he knew I was trying to stop. PERSON

Self-esteem	*I am somebody who matters to people.*	**(just a customer)**
Pride	*He should have respected that I was trying.*	**(a mark, a sucker)**
Ambition	*I want to be free of him and still be somebody.*	**(nobody without him)**
Security	*I need to know I can stay clean to be okay.*	**(going back)**
Personal relations	*Friends don't sell you what's killing you.*	**(used)**
Sex relations	*A real man can't be played.*	**(weak, played)**
Pocket book	*No one should keep me broke on purpose.*	**(broke)**

28) My Old Running Buddy · A) Handed me the first one, back in high school. PERSON

Self-esteem	*I am my own man.*	**(his follower)**
Pride	*Others should see he started it, not me.*	**(blamed for all of it)**
Ambition	*I want the years he cost me back.*	**(wasted)**
Security	*I need it to be his fault to be okay.*	**(it was my choice)**
Personal relations	*Friends look out for each other.*	**(used)**
Sex relations	*A real man can't be led.*	**(weak, a follower)**
Pocket book	not hit — skipped	

Look at Security. *"I need it to be his fault to be okay."* Column 3 just wrote that down, flat, with the fear next to it. What to do about it is Column 4's job, not today's.

A Dad's List, Column 3, continued

#29–#32 — the job, the kid, then the systems

29) My Boss · A) Fired me for one dirty test after six years. PERSON

Self-esteem	*I am the best worker they had.*	**(not good enough)**
Pride	*Others should see six years, not one test.*	**(a junkie, nothing more)**
Ambition	*I want my job back.*	**(never hired again)**
Security	*I need a paycheck to be okay.*	**(broke, can't feed my kids)**
Personal relations	*A boss stands by a man who put in his years.*	**(thrown away)**
Sex relations	*A real man provides.*	**(a failure as a provider)**
Pocket book	*No one should take my income over one test.*	**(broke, losing the house)**

30) My Oldest · A) Said "you're not even here" to my face. PERSON

Self-esteem	*I am a good dad.*	**(a bad dad)**
Pride	*My kids should see how hard I'm trying.*	**(a joke to my own son)**
Ambition	*I want my son to look up to me.*	**(looked down on by my kid)**
Security	*I need my kids to love me to be okay.*	**(unloved, replaced)**
Personal relations	*Kids respect their father.*	**(disrespected)**
Sex relations	*A real man's kids look up to him.*	**(less than a man)**
Pocket book	not hit — skipped	

The Institutions

31) CPS · A) Opened a case on us over one phone call from the school. INSTITUTION

Self-esteem	*I am a good father who keeps his kids safe.*	**(a danger to my kids)**
Pride	*Others should see we're a good family.*	**(the family on the list)**
Ambition	*I want to be left alone to raise my kids.*	**(watched forever)**
Security	*I need my kids at home to be okay.*	**(my kids taken)**
Personal relations	*The system should protect families, not tear them apart.*	**(powerless)**
Sex relations	*A real man protects his family.*	**(couldn't protect them)**
Pocket book	not hit — skipped	

32) The Courts · A) The judge called me "a danger to your children" with my wife in the room. INSTITUTION

Self-esteem	*I am a good man who made mistakes.*	**(a danger, a criminal)**
Pride	*No one should see me shamed in front of my wife.*	**(shamed, small)**
Ambition	*I want a fair shot.*	**(never treated fair)**
Security	*I need to stay out of jail to be okay.*	**(locked up)**
Personal relations	*Judges should be fair to everyone.*	**(justice is for others)**
Sex relations	*A real man doesn't get talked to like that.*	**(powerless)**
Pocket book	*No one should fine a man for being broke.*	**(broke, deeper in the hole)**

A Dad's List, Column 3, continued

#33–#36 — the systems

33) The ER · A) Treated me like a junkie when I came in with a broken hand.

INSTITUTION

Self-esteem	*I am a patient like anyone else.*	**(a junkie, not a person)**
Pride	*Others should see a hurt man, not a chart.*	**(labeled for life)**
Ambition	*I want to be treated with respect.*	**(disrespected)**
Security	*I need doctors to help me when I'm hurt to be okay.*	**(turned away, unsafe)**
Personal relations	*Doctors take care of the sick.*	**(written off)**
Sex relations	*A real man doesn't get talked down to.*	**(small, weak)**
Pocket book	not hit — skipped	

34) The Pain Clinic · A) Kept me on pills for two years, no questions asked.

INSTITUTION

Self-esteem	*I am a man who just did what the doctor said.*	**(I did this to myself)**
Pride	*Others should see the doctor made me this.*	**(blamed for all of it)**
Ambition	*I want somebody to answer for it.*	**(it was me)**
Security	*I need someone else to be at fault to be okay.*	**(my own fault)**
Personal relations	*Doctors don't hurt people.*	**(used, betrayed)**
Sex relations	*A real man would have seen it coming.*	**(a fool, weak)**
Pocket book	*No one should sell a man a habit and bill him for it.*	**(ripped off)**

#28 and #34 rhyme. *"I need it to be his fault." "I need someone else to be at fault."* When the same line shows up under two names, circle it. It is trying to tell you something.

35) The Bank · A) Charged me thirty-five dollars every time I was short.

INSTITUTION

Self-esteem	*I am a man who pays his bills.*	**(a deadbeat)**
Pride	*Others should see I'm trying to catch up.*	**(a loser, judged)**
Ambition	*I want to get ahead.*	**(never getting ahead)**
Security	*I need money in the account to be okay.*	**(broke, losing everything)**
Personal relations	*Banks help people. They don't kick a man when he's down.*	**(preyed on)**
Sex relations	*A real man provides for his family.*	**(a failure as a provider)**
Pocket book	*No one should take from a man who has nothing.*	**(broke)**

36) The Meeting · A) The old-timer said pills "aren't a real addiction."

INSTITUTION

Self-esteem	*I am a real addict, and I belong here.*	**(a fake, don't belong)**
Pride	*Others should see I'm one of them.*	**(an outsider)**
Ambition	*I want a place where I fit.*	**(alone)**
Security	*I need these people to make it to be okay.*	**(nowhere to go)**
Personal relations	*The people in the rooms should get it.*	**(misunderstood)**
Sex relations	*A real man doesn't need a group hug.*	**(weak, needy)**
Pocket book	not hit — skipped	

A Dad's List, Column 3, continued

#37–#40 — the beliefs

The Beliefs

37) "Once a junkie, always a junkie" · A) It's what my brother thinks. It's what the court thinks. PRINCIPLE

Self-esteem	*I am more than my worst day.*	**(only that)**
Pride	*Others should see the man I am now.*	**(judged forever)**
Ambition	*I want a clean slate.*	**(never free of it)**
Security	*I need to believe I can change to be okay.*	**(hopeless)**
Personal relations	not a belief about a relationship — skipped	
Sex relations	*A real man can turn his life around.*	**(weak, stuck)**
Pocket book	*No one should lose a job over an old record.*	**(unhirable, broke)**

38) "A real man handles it himself" · A) My dad never asked anybody for anything. PRINCIPLE

Self-esteem	*I am strong enough on my own.*	**(weak)**
Pride	*Others should see me handle it.*	**(seen as weak, needy)**
Ambition	*I want to fix this myself.*	**(can't do it alone)**
Security	*I need to not need anyone to be okay.*	**(dependent, helpless)**
Personal relations	not a belief about a relationship — skipped	
Sex relations	*A real man doesn't ask for help.*	**(not a real man)**
Pocket book	not hit — skipped	

A belief about being a man lands on Sex relations. That is where this whole belief lives. Column 3 is where it gets written down and looked at instead of obeyed.

39) "It's too late with my kids" · A) They saw too much. PRINCIPLE

Self-esteem	*I am still their dad.*	**(the dad of the bad years)**
Pride	*My kids should see the new me.*	**(only the old me)**
Ambition	*I want the years back.*	**(gone for good)**
Security	*I need my kids to forgive me to be okay.*	**(unforgiven)**
Personal relations	*Kids and dads get a second chance.*	**(no second chance)**
Sex relations	*A real man doesn't lose his kids.*	**(a failure as a father)**
Pocket book	not hit — skipped	

40) "My family would be better off without me" · A) All I do is cost them. PRINCIPLE

Self-esteem	*I am worth something to this family.*	**(worthless, a burden)**
Pride	*Others should see the good I bring.*	**(only the damage)**
Ambition	*I want to make it up to them.*	**(can never make it up)**
Security	*I need to be needed to be okay.*	**(not needed, replaceable)**
Personal relations	*A family holds on to each other.*	**(better off gone)**
Sex relations	*A real man carries his family.*	**(a weight on them)**
Pocket book	*No one should be a bill his family pays.*	**(a burden)**

If this one is on your list, tell your sponsor today — not at the next meeting.

A Dad's List, Column 3, continued

#41–#43 — the beliefs, finished — then one of yours

41) "I'm only good for a paycheck" · A) Nobody asks how I'm doing. They ask if I got paid.

PRINCIPLE

Self-esteem	*I am more than a wallet.*	**(only a wallet)**
Pride	*Others should ask about me, not my check.*	**(invisible)**
Ambition	*I want to be loved for me.*	**(loved for what I bring)**
Security	*I need to be more than money to be okay.*	**(nothing without money)**
Personal relations	*A family loves the man, not the money.*	**(used)**
Sex relations	*A real man is more than what he earns.*	**(only worth my wage)**
Pocket book	*No one should measure me by my paycheck.*	**(worthless when broke)**

42) "Nobody will ever trust me again" · A) My wife counts the pills in the cabinet.

PRINCIPLE

Self-esteem	*I am an honest man now.*	**(a thief, a liar forever)**
Pride	*Others should see I've been straight for months.*	**(still the addict)**
Ambition	*I want to be trusted again.*	**(never trusted)**
Security	*I need my family's trust to be okay.*	**(on the outside forever)**
Personal relations	*Family gives you a second chance.*	**(no way back in)**
Sex relations	*A real man's word is good.*	**(my word is worth nothing)**
Pocket book	not hit — skipped	

43) "God let my friend die and let me live" · A) Same stuff, same night. He died. I woke up.

PRINCIPLE

Self-esteem	*I am worth saving.*	**(spared by mistake)**
Pride	*Others should see why I'm still here.*	**(a fluke)**
Ambition	*I want to know why.*	**(no reason, no plan)**
Security	*I need this to make sense to be okay.*	**(nobody's watching)**
Personal relations	*A God who is there protects His people.*	**(unprotected, alone)**
Sex relations	*A real man would have saved his friend.*	**(weak, guilty)**
Pocket book	not hit — skipped	

Your Turn · ___) name · A) the cause

COPY THIS SHAPE

THE PART	WHAT I WAS TELLING MYSELF	THE FEAR UNDER IT
Self-esteem *I am...*		( )
Pride *Others should...*		( )
Ambition *I want...*		( )
Security *I need... to be okay*		( )
Personal relations *the rule for this relationship*		( )
Sex relations *A real man...*		( )
Pocket book *No one should... — only if money or your job*		( )

Now Yours

what to notice in the 43, and what to do when the pen stalls

> *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.*
>
> — BB p. 67 ¶3

What To Notice

ACROSS ALL 43

- **The same fears keep coming back.** *Not good enough. Weak. Unloved. Broke. Alone.* Forty-three names, maybe eight fears. That is the point. Those words become your fear list later.
- **Every line is a claim, not a feeling.** *I am. Others should. I want. I need.* No "I feel."
- **The bigger the claim, the bigger the fear.** *"I am the best worker they had"* hides *(not good enough)* every time.
- **Only reason A is worked in these.** Do A for every name first. B and C come back around, and most of the time the same fears show up.
- **Skipping is honest.** #18 used four parts. #19 used four. Nobody hits all seven out of habit.
- **A belief gets the same seven.** Personal relations only when the belief is about a relationship. Sex relations almost always, because most beliefs are about being a man.
- **Column 3 never asked what you did.** It only asked where it hit you, and what you are afraid it made you.

When the Pen Stalls

AND WHAT TO DO

- ✗ **"I keep writing 'I feel.'"** Cross it out. Say it flat: *I am…* Then bracket what you're scared is true.
- ✗ **"I can't find the fear."** Flip the line over. *"Others should respect me" → (disrespected)*. Or read the fear words on page 2 slowly. One will land.
- ✗ **"Every part got hit."** Fine. Write the loudest three or four and move on.
- ✗ **"Is this Personal relations or Sex relations?"** A rule for *this relationship* is Personal. A rule for *being a real man* is Sex relations.
- ✗ **"I keep sliding into what I did wrong."** Stop. That is Column 4, next meeting. Today is only where it hit you.
- ✗ **"This one is too heavy."** Put the pen down. Do a lighter name first. Come back with your sponsor in the room.

Fear words — not good enough · a bad dad · a bad husband · weak · less than · unloved · alone · left · not trusted · judged · disrespected · used · powerless · a failure · broke · fired · locked up · replaced · invisible · a burden · turning into him

> *God please help me see the truth.*
>
> — write it at the top of every page, then start

Every name on your list has its seven parts and its fears? **Stop.** Don't start Column 4. Bring it to your sponsor. Column 4 is the next meeting.

Big Book Awakening 12 Step workbook, Section 7 — Step Four (2006), and its filled sample sheets · Alcoholics Anonymous, "How It Works," pp. 64–67, verified against the text · the workbook's lines are the workbook's; #18–#43 are new, written in the same form.