Which Parts of Me Got Hit?

Step Four · Column 3 quick reference — keep this next to your resentment list

You have your list — who and why (Columns 1 and 2). Column 3 asks one question: **which parts of me got hit?** Mark the areas — no essays.

> *"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?"*
>
> — How It Works, p. 65

HOW TO DO IT

1. Take resentment **#1** on your list.
2. Read its Columns 1 and 2 again so it's fresh.
3. Whisper: *"God please help me see the truth."* Then ask: **which of the 7 areas got hit?** (Flip this sheet over.)
4. Write the area names next to the resentment.
5. Go to the next one. Stuck? Circle it and keep moving — bring it to your sponsor.

Most resentments hit 2–5 areas. Column 3 never asks what you did wrong. Examples: page 3.

MARK THE FEAR

Fear hides under anger. For each area you mark, ask: *is there a fear hiding under this one?* If yes, write **(Fear)** right after that area. Most resentments have at least one.

> *"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."*
>
> — How It Works, p. 67

Can you name the fear in a word or two? Write the word instead: **(fired)**, **(alone)**, **(not good enough)**.

THE BIG BOOK'S OWN EXAMPLE

How It Works · p. 65

I'M RESENTFUL AT:	THE CAUSE	AFFECTS MY:
Mr Brown	His attention to my wife. Told my wife of my mistress. Brown may get my job at the office.	Sex relations. Self-esteem **(fear)**. Sex relations. Self-esteem **(fear)**. Security. Self-esteem **(fear)**.
Mrs Jones	She's a nut—she snubbed me. She committed her husband for drinking. He's my friend. She's a gossip.	Personal relationship. Self-esteem **(fear)**.
My employer	Unreasonable—Unjust—Overbearing—Threatens to fire me for drinking and padding my expense account.	Self-esteem **(fear)**. Security.
My wife	Misunderstands and nags. Likes Brown. Wants house put in her name.	Pride—Personal / sex relations—Security **(fear)**.

Notice **(fear)** sits right beside the area it belongs to — mark yours the same way.

"God please help me face and be rid of the things in myself which have been blocking me from You, other people and myself."

say this each time before you sit down to write

When every resentment on your list has its areas marked — **stop**. Don't start Column 4. Bring your list to your sponsor. Column 4 is the next meeting.

KEEP THIS SIDE UP WHILE YOU WRITE

The Seven Areas of Self

Each area is a piece of the show. For each resentment ask: did this one get hit?

> *"Each person is like an actor who wants to run the whole show…"*
>
> — How It Works, p. 60

1 SELF-ESTEEM

SE · "I am…"

Who I claim to be. The role I've given myself in this scene. It's a claim, not a feeling.

My stage character — the part I cast myself in.

SOUNDS LIKE

- "I am a great guy to have around."
- "I'm the best worker they've got."

FEAR UNDER IT not good enough · worthless · a bad person

2 PRIDE

P · "Others should…"

How others are supposed to see me. Not how they really see me — how I demand they see me.

The review I demand from the audience.

SOUNDS LIKE

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

FEAR UNDER IT disliked · disrespected · weak

3 AMBITION

A · "I want…"

What I wanted out of this. The payoff I decided they owed me — love, respect, the win, even payback.

What I want the scene to give me before the curtain drops.

SOUNDS LIKE

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

FEAR UNDER IT unloved · not respected · rejected

4 SECURITY

S · "I need… to be okay"

What I must have to be okay. Job, home, money — and people-things, like being loved, not being left.

What the scene has to give me so I walk out okay.

SOUNDS LIKE

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

FEAR UNDER IT abandoned · alone · unsafe

5 PERSONAL RELATIONS

PR · "Friends don't…"

My rules for this kind of relationship. What a friend, parent, boss, or spouse — even a church or God — should do.

The script I wrote and handed to the other players.

SOUNDS LIKE

- "Wives stick by their husbands."
- "Fathers protect their kids."

FEAR UNDER IT alone · not trusted · unloved

6 SEX RELATIONS

SR · "A real man…"

My rules for what a real man or real woman is. Bigger than sex — sex and romance land here too.

The "real man / real woman" part I demand everyone play — me included.

SOUNDS LIKE

- "A real man stands up for himself."
- "A real woman would just get over it."

FEAR UNDER IT weak · unwanted · powerless

7 POCKET BOOK

PB / $$$ · "No one should…"

My money. Paycheck, job, savings, what I own, what I owe. Still a rule I wrote: *no one gets to touch my money.*

The money side of the scene — what it costs me, or might.

SOUNDS LIKE

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

FEAR UNDER IT fired · broke · bad provider

Common fears — if you can name it, write the word: not good enough · unwanted · alone · weak · abandoned · disrespected · unloved · worthless · unsafe · powerless · fired · broke

Ideas, Not Answers

The same list as your Columns 1 & 2 sheet, same numbers — the book's own four are on page 1. True to life, but nobody's file.

> *"When we were finished we considered it carefully."*
>
> — How It Works, p. 65

#5–#12 — THE PEOPLE, THEN THE INSTITUTIONS

I'M RESENTFUL AT:	THE CAUSE	AFFECTS MY:
5) Susie	Loaned her money — she didn't respect it or care about paying me back.	Pocket Book, Personal Relations **(rejected)**
6) My Father	Loves a woman who tormented me. Talks down to me.	Self-Esteem, Personal Relations, Sex Relations
7) My Sister	Pushes me around, yells over the smallest things, picks fights — makes me the loser brother.	Self-Esteem, Pride, Personal Relations
8) My Mother	Never satisfied — criticized and compared me. Pretended everything was fine. Guilt-trips my boundaries.	Self-Esteem, Personal Relations **(not enough)**
9) My Ex-Wife	Uses the kids against me. Court for more support. Holidays only on her terms.	Pride, Personal Relations, Security, Pocket Book **(fear)**
10) My Sponsor	Dropped me over missed calls. Shared a confidence. Treats me like an afterthought.	Self-Esteem, Pride, Personal Relations
11) The Church	Sinful and going to hell, they said. Covered up scandals. Ruled my family with guilt. Took money we couldn't afford.	Self-Esteem, Personal Relations, Security, Pocket Book
12) The Company	Laid me off after 12 years, no warning. Promoted younger people over me. No recognition.	Self-Esteem, Pride, Ambition, Security, Pocket Book **(never work again)**

Not every resentment carries a marked fear (#6, #7, #10) — but most do. Each hits 2–5 areas; none hits all seven out of habit.

#13–#21 — THE PRINCIPLES, AND THE REST

I'M RESENTFUL AT:	THE CAUSE	AFFECTS MY:
13) "God does not care about me"	If God cared, He wouldn't have let people abuse me. Ignores me. Doesn't protect me.	Self-Esteem, Security, Personal Relations **(unloved)**
14) "I'll never be fulfilled if I'm not in a relationship"	They always leave me. It never works out. I can't stand to be alone.	Self-Esteem, Personal Relations, Sex Relations **(alone)**
15) "I am unloveable"	Too many people have rejected me and failed me. Disposable, irrelevant, defective.	Self-Esteem, Personal Relations **(never loved)**
16) "I'll never be OK unless I have a lot of money"	It takes money to be happy — money for security, friends, relationships.	Security, Pocket Book, Personal Relations **(nobody)**
17) "Everyone on social media has a better life than me"	Classmates post promotions, vacations, happy families — I'm in a sober house. My ex posted with someone new.	Self-Esteem, Pride, Ambition
18) My Roommate in Sober Living	Eats my food. Leaves the mess — I get blamed. Told the manager I broke curfew.	Security **(thrown out)**, Pocket Book, Personal Relations, Self-Esteem
19) My Probation Officer	Treats me like I'm still using. Tests me at the worst times. One mistake and she can take my freedom.	Security **(locked up)**, Self-Esteem, Ambition
20) The Treatment Center	Took the money, discharged me at 28 days. Talked down to us. Promised aftercare that never came.	Security, Pocket Book, Self-Esteem, Personal Relations
21) "I can't have fun sober"	Everything fun had a drink or a drug in it. Sober people seem boring. The party moved on without me.	Self-Esteem, Personal Relations, Ambition **(life stays gray)**

Bare **(fear)** is never wrong — but when the fear has a name (#18 **thrown out**, #19 **locked up**), write the word. The named ones feed your fear inventory later.

ONE WORKED SLOWLY — #18, MY ROOMMATE

the move in real time

Read #18's Columns 1 and 2 again. Whisper: *"God please help me see the truth"* — then walk the seven, one at a time:

- **Self-Esteem?** Hit — "I am the easy one to live with" took a shot at house meeting. **Mark it.**
- **Pride?** Quiet this time. Skip it.
- **Ambition?** Quiet. Skip it.
- **Security?** Hit hard — my spot in the house feels shaky. **Mark it** — and there's the fear under it. Name it: **(thrown out)**.
- **Personal Relations?** Hit — "roommates should have each other's backs." **Mark it.**
- **Sex Relations?** Quiet. Skip it.
- **Pocket Book?** Hit — my food is my money. **Mark it.**
- **Done** — four areas, one named fear, under a minute. Take the next resentment.

Ideas, not answers — your areas and your fears will be your own. Every resentment marked? **Stop.** Column 4 is the next meeting.