Third Column — Instructions

1) Read

Big Book from p.64-¶3-l9 to p.66-¶2 — to *"these things are poison."* Then stop.

2) Writing Third Column

See the inventory template below for a guide while writing.

a) Write a prayer at the top of the page:

> *"God please help me see the truth"*

Print-ready examples: column-3-examples.handout.html — all 43 names from the Columns 1 & 2 packet worked through the seven areas with the fear bracketed; the workbook's own #1 from this page sits on page 1. Edit column-3-examples.md and rebuild.

b) Column One and Two

Put the first number and name of your resentment on the page. Then the first letter and cause of the resentment.

c) Column Three

- Consider each of the seven areas of self and write in sentence form how you were affected. Did it hurt, threaten, or interfere with you? *(ref. p.65-¶3-l3 "we considered it carefully")*
- Don't write any *"I think..."* or *"I feel..."* here in the Third Column. *(ref. p.62-¶1)* We see our selfish, self-centered false notions here in the 3rd Column.
- **Bracket your fears** next to every third column sentence as you write. Allow the Third Column to reveal your fears to you. *(ref. p.67-¶3 "notice the word fear is bracketed alongside the difficulties." also referenced in example on p.65)*

- See the Common Fears Reference for a full list of fears to help identify and name what you're seeing.

The Seven Areas of Self

Using Bill's references in Step Three as to how I'm like an actor trying to run the show, consider here in the Third Column how I believed the situation should have gone and how I'm in the world assigning roles:

- **Self-Esteem** is my stage character. The role that I've assigned myself.
- **Pride** is how the rest of the players are supposed to see to me.
- **Ambition** is what I want out of this scene.
- **Security** is what I need out of this scene to be okay.
- **Personal Relations** is my deep seated idea of what this type of relationship should look like.
- **Sex Relations** is my deep seated ideas of how a real man and/or real woman would be in this situation.
- **Pocket Book** relates to my finances.

Important Workflow Tip

Some people find it easier and more focused to write the Third Columns only at first looking at the Self-Esteem and Pride for all of the resentments. Then going back and writing all the Ambition and Security. Then coming back and finishing the Personal Relations, Sex Relations, and Pocket Book. It has proven to help more people finish faster with a better understanding of the inventory process.

Note on Self-Esteem

While writing about your self-esteem: If you truly had low self-esteem when the person in Column One did Column Two you would not have been resentful at them — you would have believed you got what you deserved. You will experience your difficulties easier in

this area writing from a point of high self-esteem. It will take writing and seeing the fears bracketed alongside a few of these to understand this.

Resentment Inventory Template

> *"God please help me see the truth about my resentments"*

 # _____) _____

I'm resentful at: *(ref. p.65 example)* _____

The Cause: *(ref. p.65 example)* _____

Affects my: Keep Columns 1 & 2 in mind while writing the 3rd Column considerations *(ref. p.65-¶3-L3 "we considered it carefully")*. Look at the 3rd Column and consider the opposite of each sentence to let the inventory reveal your fears behind each of the seven areas of self. *(ref. p.65 example and p.67-¶3 "Notice the word 'fear' is bracketed alongside the difficulties.")*

SELF-ESTEEM — How I see or feel about myself. "The role I've assigned myself"

FEAR OF BEING…

Start sentences with — *"I am…"*

Example: *I am the best husband she could have. → (not good enough)*

- _____(_____)
- _____(_____)
- _____(_____)

PRIDE — How I think others see me or feel about me. “The role I’ve assigned others”

Start sentences with — *“Others should…”* or *“No one should…”* or *“Others can…”*

- _____(_____)
- _____(_____)
- _____(_____)

AMBITION — What I wanted to happen here.

Start sentences with — *“I want…”*

- _____(_____)
- _____(_____)
- _____(_____)

SECURITY — What I need here to be okay.

Start sentences with — *“I need…to be okay”*

- _____(_____)
- _____(_____)
- _____(_____)

PERSONAL RELATIONS — My deep seated beliefs of how this relationship is supposed to look.

(“Wives trust their husbands” “Mothers respect their sons’ choices” “Real friends always agree with me”)

- _____(_____)
- _____(_____)
- _____(_____)

SEX RELATIONS — My deep-seated beliefs of how real men and/or real women are supposed to be.

Start sentence with — *"A real man..."* and/or *"A real woman..."*

- _____(_____)
- _____(_____)
- _____(_____)

POCKET BOOK — Affects my finances.

Start with — *"No one (can, should, shouldn't)..."* or *"Others (can, should, shouldn't)..."*

- _____(_____)
- _____(_____)
- _____(_____)

From the Big Book Awakening Step Four guide at bigbook.it/step-4/ · a page of the guide, not the workbook itself: the workbook's own pages are linked from "Originals & sources." · source 02-column-3.md