Where Was I to Blame?

Step Four, Column 4 · every worked example in one place — same numbers as your Columns 1 & 2 and Column 3 packets

Columns 1, 2, and 3 were about them, and where it hit you. Column 4 turns the paper over: **what did I do?** This packet shows what "done" looks like for every example you already have.

> *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.*
>
> — BB p. 67 ¶2

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, the letter and cause from Column 2. Keep that name's Column 3 sheet open beside you.
3. **Is Column 1 a person?** Write the Realization — a few honest lines — then say the Fourth Step Prayer. A belief? Skip to step 4.
4. Answer the **four questions in order**: Self-seeking, Selfish, Dishonest, Afraid. A line or two each. No essays.
5. Write the **Harm**: who got hurt by what I did. Look around the whole thing — wife, kids, parents, the boss.
6. Next name. Stuck? Circle it and keep going. Bring it to your sponsor.

Rules That Keep It Honest

FROM THE WORKBOOK

- **Leave them out of it.** *"Disregard the other person involved entirely, this is your inventory not theirs."* Their wrongs are already on Column 2.
- **Look before, during, and after.** What did I do to *hold on* to it — the gossip, the silent treatment? To *protect how I look* — *"I shun, I gossip, I yell"*?
- **Count what you didn't do.** The call never made. The apology never given. Silence is an action.
- **A camera could have caught Self-seeking.** The other three happen inside you.
- **It is not a beating.** The Book counts being *"sore at ourselves"* as another way to miss it — BB p. 66. Facts, not verdicts.
- **The shortcut.** Self-seeking and Selfish for *every* name first, then Dishonest and Afraid for every name. By the second pass your eyes are tuned for fear.

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

THE WORKBOOK'S OWN SHEET · PERSON

THE QUESTION	WHAT HE WROTE
Column 3 *the fears it bracketed*	(not good enough) (taken advantage of) (not respected) (losing) (unable to trust) (weak) (fired)
Realization *How have I done the things I've resented in Column 2 to this person and/or others?*	*I've flirted and been inappropriate around other men's wives, especially when drinking. I've competed at work for other people's jobs.*
Self-seeking *My selfish actions or activities were…?*	*Drank too much at the office party. Overreacted to Brown's conversation with my wife. Fought with Brown at the party and punished my wife over the situation. Not doing well at work — missed a lot of days and blamed Brown for my job insecurity. Give Brown a hard time at work.*
Selfish *My selfish attitudes were…?*	*No one interferes with my life or tells me how to behave.*
Dishonest *I was in the delusion that…?*	*In the delusion that I had to protect myself from Brown — that he was out to get me.*
Afraid *I was afraid…?*	*Afraid to lose control of my job, my marriage, my life.*
Harm *Do I see any harm I caused?*	Harmed Brown by the scene I made at the party. Caused him trouble at work. Harmed my wife by my bad behavior. Harmed my employer by my work and my drinking.

Read it from the bottom up. The fear of losing control explains the lie (*he's out to get me*), the lie explains the attitude (*no one tells me how to behave*), and the attitude explains the doing. The workbook's margin note on this sheet: *(I set the ball rolling reacting out of fear.)* The Book's question: *But did not we, ourselves, set the ball rolling?* — BB p. 67 ¶3

Everything after page 2 is **ideas, not answers**. Same numbers as your other two packets. Read one, then write yours.

The Four Questions

keep this page open while you write — the Realization first when it's a person, then the four, then the harm

> *Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate.*
>
> — BB p. 62 ¶1

1 · Self-seeking · "My selfish actions were…?"

Only actions — what a camera could have caught. What I did to keep it alive: gossiped, complained, shut them out. What I did to protect how I look: *I shun, I gossip, I yell.* What I should have done and didn't.

watch out "Nice" moves count — if I did it to *get* something, it goes here. Ask: *what was I trying to get?* See #5.

2 · Selfish · "My selfish attitudes were…?"

The attitude that made the action feel fine. It sounds like a rule or a demand: *No one should… They owe me… I can do what I want.* Anywhere I felt *justified* — that word is the fingerprint.

watch out Not what I did — that's question 1. This one asks *what did I think I was owed?*

3 · Dishonest · "I was in the delusion that…?"

The story that felt true and wasn't — the belief that made question 2 seem like common sense. Stuck? Ask: *what would I have to believe for that thinking to make sense?* It won't feel like a lie. That's what makes it one.

watch out Lies I told other people are *actions* — question 1. This is the lie I told *me*.

4 · Afraid · "I was afraid…?"

The root. The fear was there first; the lie, the attitude, and the doing grew out of it. Dig with *and then what? — she'll leave → I'll be alone → no one will ever love me.* Your Column 3 brackets for this name are the first place to look.

check The fear should explain everything above it. If it doesn't, dig deeper.

The Realization

WHEN COLUMN 1 IS A PERSON

The question: *"How have I done the things I've resented in Column 2 to the person I've listed in Column 1 and/or others?"* Name the behavior, in a few honest lines. Then the prayer, every time:

> *God, this is a sick person like myself. How can I be helpful to them? God save me from being angry. Thy will be done.*
>
> — the workbook's Fourth Step Prayer, from p. 67

- **Can't see it yet?** Normal. Write the four, come back, fill it in.
- **Not a person?** Skip it. For a system — a court, a clinic — many sponsors still ask *where have I done what they did?* and skip only the prayer; the cards marked *(modified)* show that way.

> *We realized that the people who wronged us were perhaps spiritually sick.* — BB p. 66 ¶4

Harm

AFTER THE FOUR — WHO GOT HURT

The question: *"Do I see any harm I caused?"* Look around the resentment as well — the workbook says *parents, friends, employers.* For a dad: wife, kids, the boss, the guy you used with. Yourself.

- **Name who, and what happened to them.** Plain facts. *My son — told the truth and got punished for it.*
- **Don't argue with it. Don't explain it.** Put it down. These lines grow into your Step 8 list.

> *We avoid retaliation or argument. We wouldn't treat sick people that way.* — BB p. 67 ¶1

The chain runs upward. The workbook: "*The fears that drive the delusions, that result in the attitude that are behind the actions.*" When all four are written, read them bottom-up: *does the fear explain the rest?* One fear under ten names is not ten problems. It's your pattern.

The List, Written Out

#1–#4 — the Book's four. The workbook's sample sheets wrote these; the words are theirs. #1's first sheet is on page 1 — this is its second.

1) Mr. Brown, written a second way · A) His attention to my wife. Told my wife about my mistress.

PERSON

Column 3 *the fears it bracketed*	(not good enough) (not important) (disrespected) (not valued) (not needed) (unwanted) (not having enough)
Realization *how have I done the same?*	*I have let many people down by not following through with my commitments. I have failed to work as hard as I should, letting others down and possibly affecting their paycheck.*
Self-seeking *what I did*	*I complained and gossiped to others. I was happy when he got demoted.*
Selfish *what I was thinking*	*I felt he got what he deserved. I felt justified in my anger and gossip.*
Dishonest *the lie I told myself*	*In the delusion that Jim was someone that I needed to defend myself from.*
Afraid *the fear under it*	*Afraid that if I stand up for myself, he'll really be out to get me and I'll lose my job.*
Harm *who got hurt*	I gossiped to other employees and friends, ignored him and was short with him.

Same name, two men, two true Column 4s. There is no answer key. Yours would be a third.

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

PERSON

Column 3 *the fears it bracketed*	(a bad person) (disliked) (not respected) (worthless) (unwelcome) (unwanted)
Realization *how have I done the same?*	*I looked down on Mrs. Jones and talked bad about her. I too have been judgmental and disgusted by the way other people live, and have voiced it openly — to their face and to others behind their backs.*
Self-seeking *what I did*	*Brought alcohol over to drink with her husband knowing she wants him to stop. Made fun of her for being concerned about our drinking. Didn't care her husband was struggling with his drinking. I just didn't want to drink alone.*
Selfish *what I was thinking*	*I only care about myself, my drinking and what I want.*
Dishonest *the lie I told myself*	*In the delusion that she has no right to have an opinion on when and where I drink. That she was supposed to put up with my behavior.*
Afraid *the fear under it*	*Afraid that I am incapable of living up to anyone's expectations of me — let alone my own.*
Harm *who got hurt*	Mrs. Jones — ignored what she wanted and caused her to suffer. Mr. Jones — brought liquor over when he was trying to quit drinking.

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

PERSON

Column 3 *the fears it bracketed*	(not good enough) (easy to replace) (looked down on) (not valued) (not trusted) (fired)
Realization *how have I done the same?*	*I've been unreasonable, unjust and overbearing at work as well. I've tried to control my employer by setting my own hours and doing things my own way. I haven't trusted the management. I've threatened to quit before when they needed me.*
Self-seeking *what I did*	*Missed too many days from work due to my drinking. Sometimes didn't return after lunch. My work was not good after being up late partying. Took women out to dinner and drinks, charged my expense account and lied about what it was for. I go to work with a bad attitude and have caused problems for other workers (like Brown).*
Selfish *what I was thinking*	*My private life is none of their business. Work owes me.*
Dishonest *the lie I told myself*	*In the delusion that I could get what I need by controlling the world around me.*
Afraid *the fear under it*	*Afraid that I will never succeed or amount to anything.*
Harm *who got hurt*	Lied about my drinking. Stole from the expense account. Started a fight at the company party. Caused problems for other employees (Brown). Miss a lot of work and do a poor job.

The List, Written Out, continued

#4–#6 — the Book's fourth, then the workbook's own list

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

Column 3 *the fears it bracketed*	(a bad husband) (unwanted) (unloved) (left) (alone) (not respected) (a bad provider)
Realization *how have I done the same?*	*I misunderstand and complain (nag) to my wife all the time. I haven't trusted her with a lot of things. I look at other women.*
Self-seeking *what I did*	*I ignore her complaints about my drinking. I procrastinate in doing the things she needs me to do. I embarrass her with my drinking around my friends. I make her jealous with my attention to other women. I get jealous of her talking to other men at parties (Brown). I caused her insecurity — she thinks we're going to lose everything.*
Selfish *what I was thinking*	*I can do whatever I want and she shouldn't bother me or get in my way.*
Dishonest *the lie I told myself*	*In the delusion that it's my life and she has no say in it. That she is unimportant to me.*
Afraid *the fear under it*	*Afraid that she'll see I'm incapable of doing any better and will eventually leave me.*
Harm *who got hurt*	I do not listen to her. I do not make her feel important. I act single in the relationship. I scare her by my drinking. I get jealous easily. My attention to other women.

The People, Then the Places

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

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

Column 3 *the fears it bracketed*	(not enough) (used) (unappreciated) (betrayed) (unable to trust) (no control) (not valued)
Realization *how have I done the same?*	*I have taken money before and not paid it back. I have lied. I've said I could do things that I never followed through with.*
Self-seeking *what I did*	*I loaned her money so I didn't have to feel uncomfortable.*
Selfish *what I was thinking*	*If I say "no," she'll be angry and hate me.*
Dishonest *the lie I told myself*	*In the delusion that it wasn't okay for me to be honest and stand up for myself.*
Afraid *the fear under it*	*Afraid if I stand up for myself she'll reject me.*
Harm *who got hurt*	My dishonest attitude towards her.

Loaning money looks generous. It was self-seeking — she did it to buy her way out of an uncomfortable minute. Ask of every "nice" thing you did: *what was I trying to get?*

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

Column 3 *the fears it bracketed*	(not good enough) (not important) (abandoned) (rejected) (mistreated) (unprotected) (unloved)
Realization *how have I done the same?*	*I've been condescending to others. I have humiliated others. I have betrayed my father and others.*
Self-seeking *what I did*	*Acted out to get his attention. Called him names. Got drunk at his house a lot. Told him he was a bad father to my brother and made him cry.*
Selfish *what I was thinking*	*My pain is the most important thing in the world and he owes me.*
Dishonest *the lie I told myself*	*In the delusion that I could get what I needed by acting out (child). That he was capable of putting me first (child). That if I show him what's wrong with him, he can fix it (adult).*
Afraid *the fear under it*	*Afraid that I don't matter — that unless I look a certain way, no one will love me.*
Harm *who got hurt*	I tried to get his attention in ways that were hurtful to him. I called him names.

The List, Written Out, continued

#7–#9

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

PERSON

Column 3 *the fears it bracketed*	(not good enough) (still the druggie) (losing my place) (bossed around) (not trusted) (broke)
Realization *how have I done the same?*	*I have pushed others around, yelled at others for the smallest things. I have been critical of others when they are in a good mood. I have disrespected people.*
Self-seeking *what I did*	*I ignore her. I shut her out. I lied to her and gossiped. I have stolen from her.*
Selfish *what I was thinking*	*If she can't talk to me like a normal human being, I will treat her as a lesser person — a stranger. She has no right to interfere with my life.*
Dishonest *the lie I told myself*	*In the delusion that she is not important to me.*
Afraid *the fear under it*	*Afraid I might do something wrong — relapse, hurt her, hurt myself to make her feel sorry. Afraid that her opinion of me — that I'm too defective to be loved — is true.*
Harm *who got hurt*	I took it out on my co-workers. Stole from her — money and peace of mind — and shut her out.

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

PERSON

Column 3 *the fears it bracketed*	(not good enough) (defective) (invisible) (broken) (love I have to earn) (unprotected) (immature)
Realization *how have I done the same?*	*I have been critical and unsatisfied with others. I have ignored problems in my own relationships and pretended everything was fine, especially when I was drinking. I have guilt-tripped people who set boundaries with me.*
Self-seeking *what I did*	*Cut her off for months, then showed up when I needed something. Used my drinking as a weapon — "you made me this way." Screamed at her, called her names. Took money from her while resenting her.*
Selfish *what I was thinking*	*She owes me the childhood I didn't have. If she can't give me what I need, she's useless to me.*
Dishonest *the lie I told myself*	*In the delusion she was capable of being a different person. That the way she raised me is the only reason I am the way I am. That staying angry was the same as protecting myself.*
Afraid *the fear under it*	*Afraid she was right — that I'm too sensitive, too much, not enough. Afraid forgiving her means what happened was okay. Afraid I've become her.*
Harm *who got hurt*	Was cruel to her, cut her off, used her failures as a weapon, took money while telling her she was worthless. Put my partners in the middle. Created division in the family.

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

PERSON

Column 3 *the fears it bracketed*	(a bad father) (judged) (not wanted by my own kids) (losing my children) (powerless) (weak) (broke)
Realization *how have I done the same?*	*I used the kids against her too — badmouthed her to them, used them as messengers, tried to be the "fun parent." I put her in financial hardship when I was drinking. I controlled things during the marriage.*
Self-seeking *what I did*	*Complained to my kids about their mother. Refused to pay support on time out of spite. Cancelled visits when it wasn't convenient. Made promises to the kids I didn't keep. Missed school events drinking.*
Selfish *what I was thinking*	*She has no right to move on with her life while punishing me. The kids should just understand. The court system is rigged against fathers.*
Dishonest *the lie I told myself*	*In the delusion the divorce was entirely her fault. That my drinking didn't affect the kids. That I can fix this by fighting harder instead of looking at my own behavior.*
Afraid *the fear under it*	*Afraid my kids will grow up thinking I didn't love them. Afraid I'll never be more than a weekend father. Afraid she was right — that I destroyed the family.*
Harm *who got hurt*	My children — exposed them to the fighting, broke promises, used them as pawns. My ex-wife — failed to provide, made co-parenting a war. Myself — the resentment ate my early recovery.

The List, Written Out, continued

#10–#12 — a sponsor, then the systems

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

PERSON

Column 3 *the fears it bracketed*	(not enough) (unteachable) (given up on) (disposable) (alone) (not worth the effort) (weak)
Realization *how have I done the same?*	*I've told people they weren't doing things right — at work, in relationships, even in recovery. I've shared other people's personal information. I've dropped people when they became inconvenient.*
Self-seeking *what I did*	*Didn't call my sponsor for weeks, then got angry when he wasn't available. Didn't do the assignments. Talked about him behind his back. Used his failings as an excuse to not work the Steps.*
Selfish *what I was thinking*	*He owes me his time. A "good" sponsor would be more patient. If recovery people can't be trusted, maybe the program doesn't work.*
Dishonest *the lie I told myself*	*In the delusion my sponsor dropped me "for no reason" — when the truth is I wasn't showing up. That I wanted a sponsor when I really wanted comfort.*
Afraid *the fear under it*	*Afraid he was right — that I'm not working the program and I'm going to use. Afraid I'm the common denominator.*
Harm *who got hurt*	Disrespected his time. Gossiped about him to other members. Created division in the fellowship. Nearly left the program over a resentment I refused to put on paper.

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

INSTITUTION · MODIFIED

Column 3 *the fears it bracketed*	(flawed to the core) (judged) (condemned) (damned) (can't trust anyone) (controlled) (used)
Realization *(modified) — where have I done what they did?*	*I have used shame and guilt to control others — my children, my spouse. I have covered up my own wrongs to protect my image. I have taken from others when I couldn't afford to give back. I have judged others harshly.*
Self-seeking *what I did*	*Used the church's failings as an excuse to reject all spirituality. Argued about religion at family gatherings. Made sweeping judgments about all religious people. Refused to look at my own spiritual life.*
Selfish *what I was thinking*	*All organized religion is corrupt. I'm smarter than people who believe. No one tells me what to do spiritually.*
Dishonest *the lie I told myself*	*In the delusion that because the institution was wrong, I didn't have to look at my own spiritual condition. That my bitterness was protecting me, when it was blocking me from God.*
Afraid *the fear under it*	*Afraid the church was right about me — that I am bad, beyond redemption. Afraid that if I open up spiritually, I'll be controlled or deceived again.*
Harm *who got hurt*	Family — caused division, dismissed their faith. My children — denied them any spiritual foundation. Myself — the resentment blocked me from finding a Higher Power.

An institution has no face, so the workbook skips the Realization. Many sponsors still ask *where have I done what they did?* and skip only the sick-person prayer — that is what *(modified)* means here. Ask your sponsor which way he wants it.

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

INSTITUTION · MODIFIED

Column 3 *the fears it bracketed*	(disposable) (worthless) (humiliated) (never amount to anything) (unable to provide) (betrayed) (broke)
Realization *(modified) — where have I done what they did?*	*I have let people go from my life without warning — friendships, relationships. I have made home a hard place to be. I have discarded people when they were no longer useful to me. I have taken credit for others' work.*
Self-seeking *what I did*	*Coasted in the later years. Stopped learning new skills. Complained to coworkers instead of talking to management. Padded expenses. After the layoff, badmouthed the company to anyone who would listen.*
Selfish *what I was thinking*	*They owe me for my years of service. I shouldn't have to prove myself. The younger people don't know what they're doing.*
Dishonest *the lie I told myself*	*In the delusion that showing up for 12 years entitled me to job security no matter how I performed. That I was still performing well when I had been coasting.*
Afraid *the fear under it*	*Afraid I'm past my prime. Afraid I'll never find work again. Afraid that without the title, I'm nobody.*
Harm *who got hurt*	Coworkers — my negativity hurt the team. Family — the drinking and the money stress fell on them. Employer — coasting and padded expenses were theft.

The List, Written Out, continued

#13–#15 — the beliefs

Beliefs and Recovery Names

#13–#21 — a belief gets no Realization. The workbook's own sheet for #15 says so in the margin: "Principle Inventory (Don't write on Realization)." Straight to the four questions.

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

PRINCIPLE

Column 3 *the fears it bracketed*	(powerless) (never safe) (always a victim) (worthless) (unlovable) (weak) (alone) (hopeless)
Realization *how have I done the same?*	not a person — skipped
Self-seeking *what I did*	*I guard and protect myself. I am not vulnerable. I attack first. Use humor to control situations and others. I use sarcasm as my weapon of choice.*
Selfish *what I was thinking*	*Keep a closed mind. I am the most important person here. Do whatever is necessary to keep you out. No one has my back except me.*
Dishonest *the lie I told myself*	*In the delusion that I don't need anyone. That God can't be trusted.*
Afraid *the fear under it*	*Afraid that if there is a God, He will never love me. Afraid that I can't be fixed.*
Harm *who got hurt*	I hate me for not having answers and being weak. I've not been open-minded to the possibility that God exists and wants to have a relationship with me.

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

Column 3 *the fears it bracketed*	(ugly) (pathetic) (alone) (a fraud) (a loser) (invisible) (defective) (unwanted)
Realization *how have I done the same?*	not a person — skipped
Self-seeking *what I did*	*Put on an "act" to attract. Be a chameleon — do and say whatever is needed to get them. Overpower and intimidate. Fake listening to them. I never let go.*
Selfish *what I was thinking*	*If I get my needs met first, then I'll be able to care about you. They should know what I want and need without having to say it!*
Dishonest *the lie I told myself*	*In the delusion that a relationship will fix me. That they are the problem. That relationships are about getting, not giving.*
Afraid *the fear under it*	*If I am alone too long, I'll die inside spiritually.*
Harm *who got hurt*	I harm a lot of people. I trample on others to get my needs met. I suck the life out of the other person.

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

PRINCIPLE

Column 3 *the fears it bracketed*	(disposable) (worthless) (unwanted) (invisible) (nobody) (never loved) (broken)
Realization *how have I done the same?*	not a person — skipped
Self-seeking *what I did*	*I'll be anything and do anything to be loved. Adopt others' values, opinions and beliefs. Manipulate others to get affection and recognition. I am clingy and needy. I won't let go!*
Selfish *what I was thinking*	*My needs are more important than your needs. Boundaries don't exist for me.*
Dishonest *the lie I told myself*	*In the delusion that becoming whatever I need to be loved will not have consequences. I don't tell the truth, and may not even know the truth.*
Afraid *the fear under it*	*I'll never be loved and always be alone.*
Harm *who got hurt*	I've harmed a lot of people. I've never accepted me just as I am.

The List, Written Out, continued

#16–#18 — the beliefs, then the names of early recovery

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

PRINCIPLE

Column 3 *the fears it bracketed*	(a failure) (unwanted) (a fraud) (weak) (poor) (miserable) (broke) (alone)
Realization *how have I done the same?*	not a person — skipped
Self-seeking *what I did*	*Manipulate, lie, play favorites, use people to get ahead, take shortcuts, take undeserved credit, only hang with the rich and successful people.*
Selfish *what I was thinking*	*Sacrifice anyone and anything to get to the next level. Look down on those with "less," look up to those with "more." Everyone cheats to get ahead — it is not a big deal.*
Dishonest *the lie I told myself*	*In the delusion that I can live behind a mask and persona without suffering consequences. That I control money, rather than money controls me.*
Afraid *the fear under it*	*Even with money, I am still unhappy. I am a nobody and will always be a nobody.*
Harm *who got hurt*	Lots of people. Everyone I lied to and stepped over to get ahead.

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

PRINCIPLE

Column 3 *the fears it bracketed*	(a failure) (behind in life) (pitied) (judged) (never catch up) (too late) (left behind) (a loser)
Realization *how have I done the same?*	not a person — skipped
Self-seeking *what I did*	*Spent hours scrolling instead of working my program. Posted carefully picked photos to look like I had it together. Stalked my ex's profile instead of doing Step work. Skipped meetings out of shame.*
Selfish *what I was thinking*	*I deserve what they have. Life gave them advantages it didn't give me. Recovery doesn't count as a real accomplishment.*
Dishonest *the lie I told myself*	*In the delusion that social media is real life. That other people's success means my failure. That I should be "further along" by now.*
Afraid *the fear under it*	*Afraid I've permanently fallen behind. Afraid people see me as the cautionary tale. Afraid recovery will always feel like starting over.*
Harm *who got hurt*	Myself — hours lost to comparing, Step work put off. My sponsor and the fellowship — pulled away from them. The people I judged online.

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

PERSON

Column 3 *the fears it bracketed*	(the problem roommate) (thrown out) (alone in the house) (ripped off)
Realization *how have I done the same?*	*I've taken things that weren't mine and called it "borrowing." I've left my mess for other people to clean up — at home and in life. I've told on people to get the heat off me.*
Self-seeking *what I did*	*Ate his food to get even. Gossiped about him to the other guys in the house. Gave him the silent treatment. Slammed doors instead of talking. Kept score instead of asking for what I needed.*
Selfish *what I was thinking*	*He should follow the rules so my life is easy. I shouldn't have to say anything — he should just know.*
Dishonest *the lie I told myself*	*In the delusion that staying quiet was keeping the peace. That getting even quietly isn't as bad as saying it out loud.*
Afraid *the fear under it*	*Afraid that if I speak up, I'll lose my spot in the house — that a fight always ends with me getting thrown out.*
Harm *who got hurt*	The whole house — my gossip split it into sides. My roommate — never gave him a straight chance to fix it. Myself — stewed for weeks instead of working my program.

Short lines and a harm — that is a finished Column 4. Column 3 for this name used four parts and skipped three; Column 4 is small for the same reason. Small name, small card, next name.

The List, Written Out, continued

#19–#21 — early recovery, finished

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

PERSON

Column 3 *the fears it bracketed*	(a junkie in her eyes) (judged by my record) (locked up) (fired)
Realization *how have I done the same?*	*I've treated people like their past was all they were. I've assumed the worst about people and watched for them to fail. I've held power over people and made them feel small.*
Self-seeking *what I did*	*Showed up late with an attitude. Lied about small stuff that didn't even matter. Complained about her to everyone. Did the bare minimum and called it compliance.*
Selfish *what I was thinking*	*I already did the hard part by getting clean — she should get off my back. The rules are for real criminals, not me.*
Dishonest *the lie I told myself*	*In the delusion that she's out to get me — that being watched is the same as being attacked. That I deserve trust I haven't rebuilt yet.*
Afraid *the fear under it*	*Afraid I'll never stop paying for my past. Afraid that no matter how good I get, I'm one bad day from losing everything.*
Harm *who got hurt*	Myself — my attitude made every check-in harder. My family — they hold their breath every time I see her. My boss — the lies about why I missed work.

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

INSTITUTION · MODIFIED

Column 3 *the fears it bracketed*	(a bed, not a person) (on my own) (using again) (lied to) (ripped off)
Realization *(modified) — where have I done what they did?*	*I have taken money for things I didn't finish. I have talked down to people I was supposed to help. I have made promises — to my family most of all — and not kept them.*
Self-seeking *what I did*	*Used "treatment didn't work" as my excuse to keep using. Told my family the program failed me so they'd stop pushing meetings. Refused to try the parts that were free — meetings, sponsors, step work.*
Selfish *what I was thinking*	*If they couldn't fix me, no one can — so why should I try. Recovery is their job, not mine.*
Dishonest *the lie I told myself*	*In the delusion that recovery is something you buy — that someone else could do my work for me. That because some of it was wrong, all of it was worthless.*
Afraid *the fear under it*	*Afraid that nothing can fix me — that even the professionals gave up on me. Afraid my family wasted their money on someone not worth it.*
Harm *who got hurt*	My family — spent their money, then I blamed everyone but me. Myself — used the resentment as a ticket back out. People I told my story to — talked them out of getting help.

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

PRINCIPLE

Column 3 *the fears it bracketed*	(boring) (life stays gray) (left behind) (a bore) (less than)
Realization *how have I done the same?*	not a person — skipped
Self-seeking *what I did*	*Sat home scrolling old photos instead of trying anything new. Turned down invites from sober people, then complained I was lonely. Told the "good times" stories to newer guys. Kept my old dealer's number "just in case."*
Selfish *what I was thinking*	*If it's not a party, it's a waste of my time. Fun should come to me without effort or risk.*
Dishonest *the lie I told myself*	*In the delusion that the party years were all fun — forgetting the mornings, the money, the shame. That fun is a thing that happens to you, not a thing you build.*
Afraid *the fear under it*	*Afraid that sober life is just gray waiting. Afraid the best part of my life is already over.*
Harm *who got hurt*	Myself — kept one foot out the door of my own recovery. The new guys — my war stories made the thing that was killing us look good. Sober friends — wrote them off before giving them a chance.

Before the dad's list, look back. *Not good enough* runs under #1, #3, #7, #8, #12, #16 and #17. *They owe me* is the Selfish row of #3, #6, #8, #10, #12, #18 and #19. *Out to get me* is the lie in #1, #13 and #19. Twenty-one names, a handful of fears. When yours repeats, circle it.

A Dad's List, Column 4

#22–#43 — the same man as your other two packets: 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.

> *Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.*
>
> — BB p. 62 ¶1

The People at Home

22) My Wife · A) She checks my phone.

PERSON

Column 3 *the fears it bracketed*	(a bad husband) (not trusted, a liar) (never trusted again) (divorced, alone) (a suspect)
Realization *how have I done the same?*	*I checked her phone too, back when I was using — and lied about it. I've gone through her purse for cash. I've treated her like a suspect every time she was ten minutes late.*
Self-seeking *what I did*	*Hid the phone. Put a lock on it "for work." Deleted texts, even boring ones. Blew up when she looked, so she'd stop looking. Told the guys at the meeting she's "controlling."*
Selfish *what I was thinking*	*I've been clean for months — she should be over it. I shouldn't have to prove anything to my own wife. My phone is my business.*
Dishonest *the lie I told myself*	*In the delusion that trust is something she owes me because I'm clean, not something I rebuild. That hiding things keeps the peace.*
Afraid *the fear under it*	*Afraid she'll find something — not drugs, but the man I was. Afraid I'll never be trusted again. Afraid she'll leave and take the kids.*
Harm *who got hurt*	My wife — I made her the bad guy for reacting to what I did. My kids — they hear the phone fights from the next room. Myself — every hidden text keeps the old life one tap away.

Look at Self-seeking. Nothing on that line is a drug. Column 4 is where *"I'm clean now"* stops being the whole story.

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

PERSON

Column 3 *the fears it bracketed*	(not good enough) (looked down on) (unwelcome) (pushed out) (weak) (not the provider)
Realization *how have I done the same?*	*I've told my wife she could do better than her own mother. I've run people down to the ones who love them. I've walked into other people's lives like I owned them.*
Self-seeking *what I did*	*Refused to go to her house, then made my wife choose. Called her "crazy" in front of the kids. Went silent for a whole Thanksgiving. Counted every dollar she gave us. Made my wife carry my messages.*
Selfish *what I was thinking*	*She should stay out of my marriage. My wife should pick me, every time, no matter what. I don't owe her respect until she gives it.*
Dishonest *the lie I told myself*	*In the delusion that she's the reason my marriage is shaky. That her helping us is an attack on me. That I earned her respect just by getting clean.*
Afraid *the fear under it*	*Afraid she's right — that my wife could do better. Afraid my kids will believe her. Afraid I'll never be the man in this family — her money will be.*
Harm *who got hurt*	My wife — stuck between her mom and her husband for years. My kids — taught to disrespect their grandmother. Her — a woman protecting her daughter from what I actually was.

A Dad's List, Column 4, continued

#24–#26 — home, continued

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

PERSON

Column 3 *the fears it bracketed*	(not worth it) (still that kid) (never mattered) (unloved) (second place) (weak, stuck)
Realization *how have I done the same?*	*I picked dope over my own kids. Every day, for years. I put what I wanted ahead of them the same way she put hers ahead of us.*
Self-seeking *what I did*	*Took her bail money and her rent money and never paid it back. Didn't call for months, then called high at 2 a.m. Brought up my childhood every time she said no. Kept my kids from her to punish her.*
Selfish *what I was thinking*	*She owes me. After what she did, I get a pass on how I treat her. My childhood is the reason for everything I've done since.*
Dishonest *the lie I told myself*	*In the delusion that I'm still the kid and she's still the grown-up in this. That staying angry keeps me from becoming her. That what she did to me pays for what I did to my kids.*
Afraid *the fear under it*	*Afraid I'm exactly like her. Afraid my kids will write me off the way I wrote her off. Afraid I never mattered to her — and never will.*
Harm *who got hurt*	My mother — took her money and her worry and gave nothing back. My kids — the grandma they barely know. My wife — carried my grudge as her own.

The Realization is the whole card. *I picked dope over my kids the way she picked her boyfriends over us.* Nothing after that line is a surprise.

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

PERSON

Column 3 *the fears it bracketed*	(turning into him) (never worth an apology) (the reason he left) (left again) (his son, after all)
Realization *how have I done the same?*	*I left too. Not out the door — on the couch, in the garage, at the dealer's. I've walked back into my kids' lives after a run like I'd never been gone, same as he did at the hospital.*
Self-seeking *what I did*	*Kept score on him. Told everyone he was a deadbeat, including my kids. Refused his calls, then called him high to tell him what he did to me. Used "I never had a dad" as my reason for being a bad one.*
Selfish *what I was thinking*	*He owes me an apology before I owe him anything. I get to be a worse man because of what he wasn't. My kids should know exactly what he did.*
Dishonest *the lie I told myself*	*In the delusion that his leaving is why I used. That an apology from him would fix something in me. That I'm nothing like him.*
Afraid *the fear under it*	*Afraid I'm turning into him. Afraid my kids already see it. Afraid the reason he left was me.*
Harm *who got hurt*	My kids — I handed them my grudge against their grandpa. My wife — she raised two kids alone while I was "there." Him — a sick man I keep at arm's length so I'll have someone to blame.

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

PERSON

Column 3 *the fears it bracketed*	(the screw-up) (never respected) (written off) (alone) (less than, a loser)
Realization *how have I done the same?*	*I've written him off as "the good son" the way he wrote me off as the junkie. I've put people in a box — the easy one, the one who never needs anything — and stopped seeing them.*
Self-seeking *what I did*	*Stole from Grandma and let him be the one who had to say it. Didn't call for two years, then showed up needing money. Made fun of his "boring" life to anyone who'd listen. Skipped his kids' birthdays.*
Selfish *what I was thinking*	*He should have my back no matter what I did. The family owes me the respect they give him. He got the easy life, so he can't judge mine.*
Dishonest *the lie I told myself*	*In the delusion that respect is something the family hands out unfairly, not something I stopped earning. That his life was easy. That he's my competition instead of my brother.*
Afraid *the fear under it*	*Afraid I'm the screw-up for life. Afraid my kids will look at his kids and see what they didn't get. Afraid he's right about me.*
Harm *who got hurt*	Grandma. My brother — I stole from his grandmother too, and made him the one who told. His kids — an uncle they've been kept from, for good reason. My mom — in the middle for years.

A Dad's List, Column 4, continued

#27–#29 — the street, then the job

The Rest of the People

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

PERSON

Column 3 *the fears it bracketed*	(just a customer) (a mark) (nobody without him) (going back) (used) (weak, played)
Realization *how have I done the same?*	*I've sold to people who were trying to stop. I've fronted a guy so he'd owe me. I've been "there for" people right up until they had nothing I wanted.*
Self-seeking *what I did*	*Texted him first — every time. Lied to my wife about where the money went. Kept his number under a fake name. Still answer his "you good?" texts with "yeah man" instead of blocking him.*
Selfish *what I was thinking*	*He should have said no for me. If it was in front of me, it wasn't my fault. I can handle knowing him.*
Dishonest *the lie I told myself*	*In the delusion that he did this to me. That I can keep him in my phone and stay clean. That a dealer can be a friend.*
Afraid *the fear under it*	*Afraid I'll go back. Afraid I'm nobody without the life. Afraid that without him I'll have to feel all of this.*
Harm *who got hurt*	My wife — the rent money, the lies about where I was. My kids — every night I was "at his place." Him — I made a sick man my excuse.

The number is still in the phone. That one line is the Self-seeking row. Show your sponsor the phone.

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

PERSON

Column 3 *the fears it bracketed*	(his follower) (blamed for all of it) (wasted) (it was my choice) (used) (weak)
Realization *how have I done the same?*	*I've handed the first one to somebody. More than one somebody. I've come around high when there were kids in the house — mine.*
Self-seeking *what I did*	*Called him every time I wanted to use and didn't want to do it alone. Told my wife it was his idea, every time. Got clean and ghosted him — the same thing I hate him for.*
Selfish *what I was thinking*	*He started it, so the years belong to him. If I can pin it on him, I don't have to look at me. He owes me my whole twenties.*
Dishonest *the lie I told myself*	*In the delusion that I was led, when I was choosing. That one first time in high school explains twenty years. That getting clean makes me square with him.*
Afraid *the fear under it*	*Afraid it was my choice all along. Afraid I wasted the years and there's no one to hand the bill to. Afraid I'll go wherever I'm led.*
Harm *who got hurt*	My wife — the lie that it was always his idea. His mom — I let her believe he made me. Him — I ran with him for twenty years and dropped him the day I got something better.

Column 3 wrote *"I need it to be his fault to be okay."* Column 4 turns that line into the Dishonest row. That is how the columns work together.

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

PERSON

Column 3 *the fears it bracketed*	(not good enough) (a junkie, nothing more) (never hired again) (can't feed my kids) (thrown away)
Realization *how have I done the same?*	*I've had one rule for me and another for everybody else. I've told people's business to the new guy. I've dropped people the day they stopped being useful to me.*
Self-seeking *what I did*	*Used on the job for two of the six years. Lied on the medical form. Took the test high and told him it would come back clean. Ran his name into the ground with the crew. Kept his tools.*
Selfish *what I was thinking*	*Six years should buy me one mistake. What I do on my own time is mine. He owes me a warning.*
Dishonest *the lie I told myself*	*In the delusion that it was one test. That the rule didn't apply to me because I was good at the job. That his lunch drinking makes us even.*
Afraid *the fear under it*	*Afraid I'm a junkie and nothing more to anyone who finds out. Afraid I'll never get hired again. Afraid I can't feed my kids.*
Harm *who got hurt*	My boss — lied to him for two years, then made him the villain. The crew — worked beside them high. My family — the paycheck I lost was theirs.

A Dad's List, Column 4, continued

#30–#32 — the kid, then the systems

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

PERSON

Column 3 *the fears it bracketed*	(a bad dad) (a joke to my own son) (looked down on by my kid) (unloved, replaced) (less than a man)
Realization *how have I done the same?*	*I wasn't there. He said the truest thing anyone has said to me in a year. I've said "you're not even here" to my own dad — I know exactly how it's meant.*
Self-seeking *what I did*	*Missed his games, the night the cops came — I was in the garage. Snapped at him for saying it. Grounded him for "disrespect." Promised him the weekend and slept through it. Bought him a game the next day.*
Selfish *what I was thinking*	*He's a kid — he should respect me because I'm his father. After what I've been through, he should cut me some slack. I'm clean now, so the old stuff shouldn't count.*
Dishonest *the lie I told myself*	*In the delusion that a kid owes respect to a dad who wasn't there. That I can buy back the years. That he's too young to have earned an opinion of me.*
Afraid *the fear under it*	*Afraid he's right. Afraid he already decided who I am and I don't get another vote. Afraid I'm my father to him.*
Harm *who got hurt*	My son — he told the truth and got punished for it. My wife — blamed for what he sees with his own eyes. My younger one — watching how this goes.

Your own kid, in Column 4. Almost every line is something he *didn't* do. The workbook says before, during, and after — the missed game is an action too.

The Institutions

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

INSTITUTION · MODIFIED

Column 3 *the fears it bracketed*	(a danger to my kids) (the family on the list) (my kids taken) (powerless) (couldn't protect them)
Realization *(modified) — where have I done what they did?*	*I've judged a whole family by one thing I heard. I've walked into someone's house and decided what they were. I've made a woman cry in front of her kids — my wife, more than once.*
Self-seeking *what I did*	*Used in the house with the kids home. Coached my son on what to say to the caseworker. Yelled at my wife for "letting them in." Lied to the caseworker about the pills in the bathroom.*
Selfish *what I was thinking*	*Nobody gets to tell me how to raise my kids. My house, my rules. They should have to prove it before they can even look at us.*
Dishonest *the lie I told myself*	*In the delusion that they were the danger to my kids. That the call was the problem, not the reason for it. That protecting my family means hiding what I do from the people checking on them.*
Afraid *the fear under it*	*Afraid I'm a danger to my kids. Afraid they'll be taken and it will be my fault. Afraid the case is closed but the file is forever.*
Harm *who got hurt*	My kids — the reason for the call was me, not the school. My son — taught to lie to an adult who was trying to help him. My wife — she took the heat for my house. The caseworker.

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

INSTITUTION · MODIFIED

Column 3 *the fears it bracketed*	(a danger, a criminal) (shamed, small) (locked up) (justice is for others) (powerless)
Realization *(modified) — where have I done what they did?*	*I've called people things in front of their families. I've made rules for others that I don't keep myself. I've punished my kids for what they couldn't help.*
Self-seeking *what I did*	*Drove high with the kids in the car — that's how I got there. Showed up late to court twice. Skipped the classes, paid late, then blamed the fine. Lied to the judge about my use.*
Selfish *what I was thinking*	*I already lost enough — they should go easy. The rules are for real criminals. A guy with a lawyer would have walked, so the system is the problem.*
Dishonest *the lie I told myself*	*In the delusion that I was the victim in that courtroom. That the judge said something untrue. That the fines are why I'm broke.*
Afraid *the fear under it*	*Afraid the judge was right. Afraid I'll be locked up and my kids will visit me there. Afraid my wife heard it and believed it.*
Harm *who got hurt*	My kids — in the back seat. My wife — heard the truth about her husband from a judge before she heard it from me. Everyone else on the road that night. The judge.

A Dad's List, Column 4, continued

#33–#35 — the systems, continued

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

INSTITUTION · MODIFIED

Column 3 *the fears it bracketed*	(a junkie, not a person) (labeled for life) (turned away) (written off) (small, weak)
Realization *(modified) — where have I done what they did?*	*I've decided what people were before they opened their mouths. I've made people wait on me while I got to the "important" ones. I've written someone off in one sentence.*
Self-seeking *what I did*	*Broke the hand punching a wall, high, in front of my kids. Lied about what I'd taken. Asked for the pain meds by name. Cussed out the nurse. Left before the follow-up.*
Selfish *what I was thinking*	*They should treat me like everyone else even though I lied to them. I was in pain — I get to act however I want. The chart should say what I want it to say.*
Dishonest *the lie I told myself*	*In the delusion that the chart was unfair. That I came in as a patient, not as a man fishing for a script with a broken hand. That six hours in a waiting room was about me.*
Afraid *the fear under it*	*Afraid the label is true. Afraid every doctor from now on will see it first. Afraid I can't be hurt without wanting the pills.*
Harm *who got hurt*	The nurse I cussed out. The drunk guy I hated for getting a bed. My kids — who saw the wall. Myself — a hand that healed wrong because I skipped the follow-up.

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

INSTITUTION · MODIFIED

Column 3 *the fears it bracketed*	(I did this to myself) (it was me) (my own fault) (used, betrayed) (a fool) (ripped off)
Realization *(modified) — where have I done what they did?*	*I've kept people on a hook because it was easier than the conversation. I've cut people off cold the day they got inconvenient. I've never picked up the phone for someone who was sick because of me.*
Self-seeking *what I did*	*Lied about my pain level from month three on. Went to two pharmacies. Sold some to a guy at work to cover the copay. Never told the doctor I had a problem — not once in two years.*
Selfish *what I was thinking*	*They should have known — they're the doctors. If a doctor wrote it, it wasn't drugs. I was in pain, so whatever I did to get it was fair.*
Dishonest *the lie I told myself*	*In the delusion that they made me an addict. That I was a patient the whole time and not a customer working the system. That someone else being at fault means I'm not.*
Afraid *the fear under it*	*Afraid I did this to myself. Afraid there's no one to hand it to. Afraid that if it's mine, I have to fix it.*
Harm *who got hurt*	My wife — two years of "it's prescribed." The guy at work — I sold to a man with a family. The clinic — I lied to every person who asked how I was doing. Myself — my body.

#28 and #34 rhyme. *I need it to be his fault. I need someone else to be at fault.* Column 4 gives that line its real name — the Dishonest row. Circle it in both places.

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

INSTITUTION · MODIFIED

Column 3 *the fears it bracketed*	(a deadbeat) (a loser, judged) (never getting ahead) (losing everything) (preyed on)
Realization *(modified) — where have I done what they did?*	*I've charged people for being short — held it over my wife when she went ten dollars over. I've called about money I was owed and not cared who heard. I've taken things back in front of people to make a point.*
Self-seeking *what I did*	*Spent the truck payment. Overdrew on purpose — "float it till Friday" — a hundred times. Hid the notices from my wife. Put her number on the application. Let the truck go rather than call and make a plan.*
Selfish *what I was thinking*	*Banks are crooks, so I don't have to be straight with them. The fee is the reason I'm broke. My wife shouldn't have to know how bad it is.*
Dishonest *the lie I told myself*	*In the delusion that the fee did this. That hiding the notices was protecting her. That a bank is a person who's out to get me.*
Afraid *the fear under it*	*Afraid I'm a deadbeat. Afraid the neighbors were right about what they saw. Afraid I'll never provide — that we'll always be one payment from losing everything.*
Harm *who got hurt*	My wife — the calls to her phone come because I gave them her number. My kids — the truck they watched leave. The people I owe.

A Dad's List, Column 4, continued

#36–#38 — the last system, then the beliefs

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

INSTITUTION · MODIFIED

Column 3 *the fears it bracketed*	(a fake, don't belong) (an outsider) (alone) (nowhere to go) (weak, needy)
Realization *(modified) — where have I done what they did?*	*I've told people their problem wasn't real — my brother's nerves, my wife's worry. I've hugged people at the door and talked about them in the truck. I've never once taken a newcomer's number.*
Self-seeking *what I did*	*Sat in the back and left at the "Amen." Never asked anyone to sponsor me, then complained nobody offered. Talked about the old-timer to the other pill guys. Used what he said as my reason to skip two weeks.*
Selfish *what I was thinking*	*They should come to me. If the room isn't perfect, I don't have to stay. One old man speaks for all of them.*
Dishonest *the lie I told myself*	*In the delusion that I was rejected, when I never walked up to anyone. That belonging is something the room gives me instead of something I do. That "nobody took my number" — I never gave it.*
Afraid *the fear under it*	*Afraid I don't belong anywhere. Afraid I'm not a real addict — that even here I'm faking. Afraid that if this room doesn't work, nothing will.*
Harm *who got hurt*	The old-timer — a sick man I made into a reason. The newcomers who sat behind me for three months while I sat in the back. Myself — two weeks I didn't have to lose.

The Beliefs

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

PRINCIPLE

Column 3 *the fears it bracketed*	(only that) (judged forever) (never free of it) (hopeless) (weak, stuck) (unhirable)
Realization *how have I done the same?*	not a person — skipped
Self-seeking *what I did*	*Repeated the line to my sponsor as a fact. Didn't apply for the job because "they'd never hire me." Skipped the family dinner so nobody could look at me that way. Said it about other guys in the rooms.*
Selfish *what I was thinking*	*If that's what they think, why should I try. If I'm going to be judged anyway, I might as well be what they see. My record should be behind me because I say so.*
Dishonest *the lie I told myself*	*In the delusion that other people's opinion of me is who I am. That the belief is the court's, when I'm the one who keeps saying it. That "always" is a fact and not a fear.*
Afraid *the fear under it*	*Afraid it's true. Afraid I'll never get out from under this. Afraid that trying and failing is worse than not trying.*
Harm *who got hurt*	Myself — a job I never applied for. My wife — a husband who has already quit on paper. The new guys who heard me say it about them.

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

PRINCIPLE

Column 3 *the fears it bracketed*	(weak) (seen as weak, needy) (can't do it alone) (dependent, helpless) (not a real man)
Realization *how have I done the same?*	not a person — skipped
Self-seeking *what I did*	*Detoxed alone in the garage instead of going to the hospital. Didn't call my sponsor for two weeks while it got bad. Told my wife "I got it" and didn't. Handled it myself — with a pill.*
Selfish *what I was thinking*	*Asking for help is admitting I'm less than. I shouldn't need this. My wife needs to see me handle it, not see me need something.*
Dishonest *the lie I told myself*	*In the delusion that using alone in a garage is "handling it." That my dad handled anything — he left. That needing help is the same as being weak.*
Afraid *the fear under it*	*Afraid I'm weak. Afraid that if I ask, they'll see how bad it really is. Afraid I can't do it alone and can't do it with help either.*
Harm *who got hurt*	My wife — she watched me "handle it" for two years. My kids — a dad who couldn't be reached. My sponsor — I let him think I was fine. Myself — the garage.

A belief about being a man goes straight to Self-seeking. Count how many of those actions were done alone. The belief cost something every time, and mostly it was me who paid.

A Dad's List, Column 4, continued

#39–#41 — the beliefs, continued

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

PRINCIPLE

Column 3 *the fears it bracketed*	(the dad of the bad years) (only the old me) (gone for good) (unforgiven) (no second chance)
Realization *how have I done the same?*	not a person — skipped
Self-seeking *what I did*	*Skipped the game because "what's the point." Bought them things instead of showing up. Cried to my wife about the lost years while the kids were in the next room, awake, right now.*
Selfish *what I was thinking*	*If I can't have the whole thing back, I don't want the piece I've got. They should forgive me before I've done anything to earn it. Grieving last year gets me out of tonight's homework.*
Dishonest *the lie I told myself*	*In the delusion that the years they saw are the only years they'll remember. That "too late" is a fact about them and not a feeling in me.*
Afraid *the fear under it*	*Afraid it's gone for good. Afraid they'll never forgive me. Afraid to try and find out I'm right.*
Harm *who got hurt*	My kids — tonight, this week, right now, while I mourned last year. My wife — carrying two kids and a husband who has already given up. Myself.

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

PRINCIPLE

Column 3 *the fears it bracketed*	(worthless, a burden) (only the damage) (not needed, replaceable) (better off gone) (a weight on them)
Realization *how have I done the same?*	not a person — skipped
Self-seeking *what I did*	*Disappeared for days so they'd "have a break." Didn't come to the table. Said "you'd be better off" to my wife in a fight — and watched what it did to her. Kept this belief to myself for a year.*
Selfish *what I was thinking*	*My pain is the biggest thing in the house. If I decide they're better off, I don't have to hear otherwise. Nobody gets a vote but me.*
Dishonest *the lie I told myself*	*In the delusion that I know what my family needs better than they do. That my absence is a gift. That the damage is all they'd remember.*
Afraid *the fear under it*	*Afraid I'm only ever going to cost them. Afraid they'd be relieved. Afraid to find out I'm wrong — because then I'd have to stay and do the work.*
Harm *who got hurt*	My wife — hears "you'd be better off" and lies awake. My kids — a dad who leaves the room. Myself — a year of carrying this alone.

If this one is on your list, tell your sponsor today — not at the next meeting. Say it out loud to another person before you write another line.

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

PRINCIPLE

Column 3 *the fears it bracketed*	(only a wallet) (invisible) (loved for what I bring) (nothing without money) (used) (worthless when broke)
Realization *how have I done the same?*	not a person — skipped
Self-seeking *what I did*	*Handed my wife the check and left the room. Never once told her how I was doing — then resented her for not asking. Skipped the kids' stuff for overtime and called it love. Threw the money in her face in fights.*
Selfish *what I was thinking*	*Money is how I show up, so I don't have to show up any other way. If I bring the check, they owe me peace and quiet. They should read my mind.*
Dishonest *the lie I told myself*	*In the delusion that I'm only a wallet, when I'm the one who only offered a wallet. That providing is the same as being present. That they don't ask because they don't care.*
Afraid *the fear under it*	*Afraid I'm nothing without the money. Afraid that if they knew how I was doing, they'd want out. Afraid to be asked and have to say.*
Harm *who got hurt*	My wife — married to a man who hands her money instead of himself. My kids — they know what I earn and not who I am. Myself — I built the wallet, then hated being one.

A Dad's List, Column 4, continued

#42–#43 — the beliefs, finished — then one of yours

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

PRINCIPLE

Column 3 *the fears it bracketed*	(a thief, a liar forever) (still the addict) (never trusted) (no way back in) (my word is worth nothing)
Realization *how have I done the same?*	not a person — skipped
Self-seeking *what I did*	*Stole the pills she's counting. Took cash from my mom's purse and let her wonder. Got clean and demanded trust like a paycheck. Said "if you're going to count them, why should I bother."*
Selfish *what I was thinking*	*I've been clean six months — that should erase six years. Trust should be given, not earned. Their caution is an insult to my recovery.*
Dishonest *the lie I told myself*	*In the delusion that trust is owed to me now. That my word is good just because I say so. That being watched means I've already lost.*
Afraid *the fear under it*	*Afraid I'm a thief and a liar forever. Afraid they know something about me I don't. Afraid I'll never be let back in — so why try.*
Harm *who got hurt*	My wife — she counts because she loves the kids in this house. My mom — hides her purse from her own son. My brother — pats his pockets. Every one of those habits, I taught them.

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

PRINCIPLE

Column 3 *the fears it bracketed*	(spared by mistake) (a fluke) (no reason, no plan) (nobody's watching) (weak, guilty)
Realization *how have I done the same?*	not a person — skipped
Self-seeking *what I did*	*Bought that night. Went first — I always went first. Waited too long to call for help because I was scared of the cops. Use his death as my reason God isn't real — and as my reason to use again.*
Selfish *what I was thinking*	*If God let that happen, I don't owe Him anything. My being alive should mean something big, or it means nothing. I get to stay angry so I don't have to grieve.*
Dishonest *the lie I told myself*	*In the delusion that God killed him and spared me, and I had no hand in that night. That "why" has to be answered before I do anything with being alive.*
Afraid *the fear under it*	*Afraid I was spared by mistake. Afraid there's no plan and nobody's watching. Afraid to ask what I'm still here for — because I might get an answer.*
Harm *who got hurt*	My friend — I bought, I went first, I waited to call. His daughter. Her mother — never heard from me. Myself — three years of using his death as a permission slip.

Column 4 doesn't answer "why." It asks what I did and what I'm afraid of. The why belongs to the fear inventory and your sponsor. The Book: *We are in the world to play the role He assigns.* — BB p. 68 ¶2

Your Turn · ___) name · A) the cause

COPY THIS SHAPE

THE QUESTION	WHAT I WROTE
Column 3 *the fears it bracketed*	( ) ( ) ( )
Realization *How have I done the things I've resented in Column 2 to this person and/or others?*	
Self-seeking *My selfish actions or activities were…?*	
Selfish *My selfish attitudes were…?*	
Dishonest *I was in the delusion that…?*	
Afraid *I was afraid…?*	
Harm *Do I see any harm I caused? Look around it — parents, friends, employers.*	

Now Yours

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

> *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.*
>
> — BB p. 67 ¶2

What To Notice

ACROSS ALL 43

- **Read every card from the bottom up.** The fear explains the lie, the lie explains the attitude, the attitude explains the doing. If it doesn't, the fear isn't deep enough yet.
- **The same fears keep coming back.** Forty-three names, the same eight or nine fears — *not good enough, weak, a bad dad, left, broke.* Column 3 bracketed them. Column 4 shows them running the show. They become your fear list, next meeting.
- **The Realization is the shortest line and the biggest one.** *I picked dope over my kids the way she picked her boyfriends over us* (#24).
- **Self-seeking is mostly small.** Deleted texts. A number kept in the phone. A call not made. Nobody's Column 4 is a crime spree. It's a hundred little moves to protect how I look.
- **"Clean now" is not a Column 4 answer.** Half the dad's cards are things done sober — the silent treatment, the scoreboard, the gossip (#22, #36).
- **The Harm lines are your Step 8 list.** Don't argue with them. Don't explain them. Just put them down.
- **Nobody's Column 4 says "I was right."** If yours does on a name, do a different name and come back.

When the Pen Stalls

AND WHAT TO DO

- ✗ **"But they really did it."** Yes. It's on Column 2. We're on Column 4. What did you do in the same hour?
- ✗ **"I didn't do anything."** Silence is something. Leaving the room is something. Not calling is something. Start there.
- ✗ **"I can't find the lie."** Ask: *what would I have to believe for my attitude to make sense?* Write that. It won't feel like a lie. That's why it's a delusion.
- ✗ **"I can't find the fear."** Read your Column 3 brackets for that name and ask which one was running that day. Or ask *and then what?* until you hit the floor.
- ✗ **"It was all my fault."** That's not Column 4 either. That's shame. The question is what you *did*, not what you *are*.
- ✗ **"This one is too heavy."** Put the pen down. Do a lighter name. Come back with your sponsor in the room.

> *We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them.*
>
> — BB p. 68 ¶1

Your fear list starts here. Every fear you wrote on an Afraid line, and every bracket from Column 3, goes on one list next meeting. Before then, flip each one — the workbook's examples: *being alone / being committed? looking bad / looking too good? failing / succeeding?* If the opposite is true too, it goes on the list.

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

Every name on your list has its Realization, its four questions, and its harm? **Stop.** Don't start the fear list. Bring the whole inventory — Columns 1, 2, 3, and 4 — to your sponsor. The fear inventory 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. 62–68, verified against the text · #1–#7 and #13–#16 are the workbook's own sheets, spelling corrected; the rest are new, written in the same form.