Fourth Column — Instructions

1) Read

Big Book from p.66-¶3 *"We turned"* to p.67-¶3 *"these matters straight."*

See the inventory guide sheet template below to use as a guide while writing.

2) Realization

Skip this instruction if Column One is not a person.

Before each Fourth Column, consider in paragraph form: "How have I done the things I've resented in Column Two to the person I've listed in Column One and/or others?"

(ref. p.66-¶4 "This was our course: We realized that the people who wronged us were perhaps spiritually sick… like ourselves.")

After considering the Realization, say the Fourth Step Prayer *(ref. p.67-top ¶-L6)*:

> *"This is a sick person like myself. How can I be helpful to them? God save me from being angry. Thy will be done."*

3) Fourth Column Writing

(ref. p.67-¶2)

Print-ready examples: column-4-examples.handout.html — all 43 names from the Columns 1 & 2 packet, each with the fears Column 3 bracketed, the Realization, the four questions, and the harm; the workbook's own #1 sits on page 1. Edit column-4-examples.md and rebuild.

When there are a lot of resentments it works well to section off the writing. First write on Self-Seeking and Selfish for all the resentments. Then go back and write all the Dishonest and Afraid.

- Disregard the other person involved entirely — this is your inventory, not theirs.
- Where was I to blame, before? during? after? What did I do?
- Look at the things you do to hold on to the resentment.
- Look at things you do to protect yourself and how you look. I shun, I gossip, I yell.
- Stay focused on what you've seen so far in Column One thru the Realization as you write.

Consider the following questions:

"Where had I been..."

For a deep dive into the SDSF framework and the three orderings of these questions, see SDSF.

SELF-SEEKING: Look around the whole resentment, what did I do? Where was I to blame?

My selfish actions were...?

SELFISH: What was my selfish thinking while I was doing the above self-seeking actions?

My selfish attitudes were...?

DISHONEST: What were the lies I was telling myself that resulted in my selfish thinking above?

I was in the delusion that...?

AFRAID: What are the fears that drive the delusions above?

I was afraid...?

The Chain

> ***The fears*** *that drive the* ***delusions****, that result in the* ***attitude*** *that are behind the* ***actions****.*
>
> *(ref. p.62-¶1 "driven by a hundred forms of fear, self-delusion, self-seeking and self pity [my attitude]")*

- Consider the opposite of each fear; if it applies, add it to the fear list.
- *Example:* being alone / being committed? looking bad / looking too good? failing / succeeding?
- *(ref. p.68-¶1-L1 "We put them on paper, even though we had no resentment in connection with them.")*

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4) Harms

Do I see harm that I caused? Look around the resentment — i.e.: parents, friends, employers.

Fourth Column Template

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

The Realization: "How have I done the things I've resented in Column 2 to the **person** I've listed in Column 1 and/or others?" *(ref. p.66-¶3 "This was our course: We realized that the* ***people*** *who wronged us were perhaps spiritually sick...like ourselves.").* **Skip this if Column One is not a person.**

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> *"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."*

FOURTH COLUMN: Disregard the other person involved entirely, this is your inventory not theirs. Where was I to blame, before? during? after? What did I do? *(ref. p.67-¶2).* Look at the things you do to hold on to the resentment. Look at things you do to protect yourself and how you look. Stay focused on what you've seen so far in Column One thru the Realization as you write.

"Where had I been..."

SELF-SEEKING: Look around the whole resentment, what did I do? Where was I to blame?

My selfish actions or activities were...?

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SELFISH: What was my selfish thinking while I was doing the above actions?

My selfish attitudes were...?

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DISHONEST: What were the lies I was telling myself that resulted in my selfish thinking above?

I was in the delusion that…?

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AFRAID: What are the fears that drive the delusions above?

I was afraid…?

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> *The above **fears** drive the **delusions**, that result in the **attitude** that are behind the **actions**.*
>
> *(ref. p.62-¶1 "driven by a hundred forms of fear, self-delusion, self-seeking and self pity [my attitude]…")*

Consider if there are any other fears that should be on the fear list. Consider the opposite of each fear; if it applies add it to the list. Example: being alone/being

committed? failing/succeeding?

(ref. p.68-¶1-L1 "We put them on paper, even though we had no resentment in connection with them.")

HARM: Do I see any harm I caused? Look around the resentment as well — i.e.: parents, friends, employers.

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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 03-column-4.md