Example #1 — Mr. Brown

Columns 1 & 2

#1) Mr. Brown

- **A)** His attention to my wife.
- **B)** Told my wife of my mistress.
- **C)** Brown may get my job at the office.

(He's after my wife and my job!)

Column 3 — Resentment Inventory

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

#1) A — Mr. Brown / His attention to my wife.

Affects my:

SELF-ESTEEM — *"I am..."* | Fear of being...

- I am a great guy to have around. *(not good enough)*

PRIDE — *"Others should..."*

- No one should want to take advantage of me. *(taken advantage of)*

AMBITION — *"I want..."*

- I want the respect of others. *(not respected)*

SECURITY — *"I need...to be okay"*

- 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..."*

- A real man stands up for himself. *(weak)*

POCKET BOOK

- No one should interfere with my job security. *(fired)*

Column 4

> *"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?"

- I've flirted and been inappropriate around other men's wives, especially when drinking.
- I've competed at work for other people's jobs.

> *"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 — "Where had I been..."

SELF-SEEKING: *My selfish actions or activities were...?*

- Drank too much at the office party, over reacted 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 blame 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…?*

- I'm in the delusion 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:

- Harmed Brown by the scene I made at the party. Caused him trouble at work.
- Harmed my wife by my bad behavior. Harmed by employer by my work and my drinking.

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 examples/01-mr-brown.md