Example #3 — My Employer

Columns 1 & 2

#3) My Employer

- **A)** Unreasonable — unjust — overbearing. Threatens to fire me for drinking and padding my expense account.

(Is controlling and doesn't trust me)

Column 3 — Resentment Inventory

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

#3) A — My Employer / Unreasonable — unjust — overbearing.

Affects my:

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

- I'm the best employee they can have at my job. *(not good enough)*

PRIDE — *"Others should..."*

- Others should see how irreplaceable I am. *(dispensable)*

AMBITION — *"I want..."*

- I want others to look up to me. *(looked down on)*

SECURITY — *"I need...to be okay"*

- I need to know I'm valued at work to be okay. *(not valued)*

PERSONAL RELATIONS

- Employers trust their employees' abilities and work ethic. *(not trusted)*

SEX RELATIONS — *"A real man..."*

- A real man commands the respect of others. *(not respected)*

POCKET BOOK

- No one should challenge my ability to do a good job. *(terminated)*

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 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 way.
- I haven't trusted the management. I've threatened to quit before when they needed me.

> *"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...?*

- 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 and 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: *My selfish attitudes were…?*

- My private life is none of their business.
- Work owes me.

DISHONEST: *I was in the delusion that…?*

- I was in the delusion that I could get what I need by controlling the world around me.

AFRAID: *I was afraid…?*

- Afraid that I'll never succeed or amount to anything.

HARM:

- Lied about my drinking. Stole from expense account. Started a fight at company party.
- Caused problems for other employees (Brown). Miss a lot of work and do a poor job.

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/03-my-employer.md