Example #4 — My Wife

Columns 1 & 2

#4) My Wife

- **A)** Misunderstands and nags. Likes Brown. Wants house put in her name.

(Doesn't want to be with me anymore)

Column 3 — Resentment Inventory

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

#4) A — My Wife / Misunderstands and nags.

Affects my:

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

- I'm the best husband she could get. *(bad husband)*

PRIDE — *"Others should..."*

- Others should see what a great catch I am. *(unwanted)*

AMBITION — *"I want..."*

- I wanted to be loved no matter what I do. *(unloved)*

SECURITY — *"I need...to be okay"*

- I need to know she'll never leave me to be okay. *(abandoned)*

PERSONAL RELATIONS

- Wives stick by their husbands no matter what. *(alone)*

SEX RELATIONS — *"A real man..."*

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

POCKET BOOK

- No one should look down on my ability to provide for my family. *(bad provider)*

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 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.

> *"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...?*

- I ignore her complaints about my drinking. I procrastinate in doing the things she needs from me.
- 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 cause her insecurity, she thinks we're going to lose everything.

SELFISH: *My selfish attitudes were…?*

- I can do whatever I want and she shouldn't bother me or get in my way.

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

- I'm in the delusion that it's my life and she has no say in it.
- I'm in the delusion that she's unimportant to me.

AFRAID: *I was afraid…?*

- Afraid she'll see I'm incapable of doing any better and will eventually leave me.

HARM:

- I don't listen to her. I don't make her feel important. I act single in the relationship.
- I scare her by my drinking. I'm get jealous easily. My attention to other women.

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/04-my-wife.md