# Example #6 — Mr. Brown (Alternate)

*This is an alternate working of the same Mr. Brown resentment from Example #1, showing how the same resentment can be explored through different Column 3 and Column 4 entries. This version focuses more on work/career fears and includes multiple entries per section.*

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## Columns 1 & 2

**#1) Mr. Brown**

- **A)** His attention to my wife. Told my wife about my mistress.

*(He is after my wife and my job!)*

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## Column 3 — Resentment Inventory

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

**#1 ) A** — Mr. Brown / His attention to my wife. Told my wife about my mistress.

**Affects my:**

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

- I am a good person, a good husband and a good worker. *(not good enough)*
- *(not important)*

**PRIDE** — *"Others should..."*

- No one should see me being lied to. *(disrespected)*
- *(not valued)*

**AMBITION** — *"I want..."*

- I want my employer to respect me and to help me get promoted. *(disrespected)*

**SECURITY** — *"I need...to be okay"*

- I need a raise in pay and acknowledgement to be okay. *(not good enough)*

**PERSONAL RELATIONS**

- Real employers should always be honest and reward their best employees. *(not needed)*

**SEX RELATIONS** — *"A real man..."*

- A real man would not have to ask for a raise. *(unwanted, not respected)*

**POCKET BOOK**

- No one should prevent me from getting ahead in my career. *(not having enough)*

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## 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 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.

> *"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 complained and gossiped to others. I was happy when he got demoted.

**SELFISH:** *My selfish attitudes were...?*

- I felt he got what he deserved. I felt justified in my anger and gossip.

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

- I was in the delusion that Jim was someone that I needed to defend myself from.

**AFRAID:** *I was afraid...?*

- I was afraid that if I stand up for myself, he'll really be out to get me and I'll lose my job.

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**HARM:**

- I gossiped to other employees and friends, ignored him and was short with him.

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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 examples/06-mr-brown-alternate.md