Example #7 — My Father

Columns 1 & 2

#7) My Father

- **A)** He loves a woman who tormented me and he talks down to me.

Column 3 — Resentment Inventory

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

#7) A — My Father / He loves a woman who tormented me and he talks down to me.

Affects my:

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

- I am the good daughter. *(not good enough)*

PRIDE — *"Others should..."*

- Others should see how important I am. *(not important)*
- No one should see me being left out. *(abandoned, scorned)*

AMBITION — *"I want..."*

- I want the respect and approval of others. *(disrespected, rejected)*

SECURITY — *"I need...to be okay"*

- I need to know people close to me will be fair to be okay. *(mistreated)*

PERSONAL RELATIONS

- Fathers protect their daughters. Fathers never love anyone more than their daughters. Fathers stand up for their daughters. *(unprotected, rejected, unloved)*
- Fathers love their daughters unconditionally. *(not good enough)*

SEX RELATIONS — *"A real woman..."*

- A real woman would get on with her life and not let the past bother her. *(weak, defective, crazy)*

POCKET BOOK

- No one should put their spouse's comfort above the welfare of their children. *(deprived)*

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 condescending to others. I have humiliated others. I have betrayed my father and others.

> *"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 mutilated myself to get his attention. I acted out sexually to get his attention. I have called him names. Got drunk at his house a lot. Told him he was a bad father to my brother and made him cry.

SELFISH: *My selfish attitudes were…?*

- My pain is the most important thing in the world and he owes me.

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

- I am in the delusion that I could get what I needed by acting out (child). I am in the delusion that he was capable of putting me first (child). I'm in the delusion that if I show him what's wrong with him, he can fix it (adult).

AFRAID: *I was afraid…?*

- I am afraid that I don't matter and that unless I look a certain way, no one will love me.

HARM:

- I tried to get his attention in ways that were hurtful to him. I called him names.

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/07-my-father.md