Example #9 — God Does Not Care About Me

Columns 1 & 2

#9) God does not care about me!

- **A)** If God cared about me, He wouldn't have let my Parents (or Relatives, Partners or Authority Figure) abuse me!
- **B)** God ignores me and won't help!
- **C)** God doesn't protect me!

Target: I am alone in the world, and noone's there to help me!

Column 3 — Resentment Inventory

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

#9) A — God does not care about me / If God cared about me, He wouldn't have let my Parents (or Relatives, Partners or Authority Figure) abuse me!

Affects my:

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

- I'm worth caring for and protecting. I am valuable. *(Powerless, No control, Never be safe)*

PRIDE — *"Others should..."*

- Others should protect me. Others should see me as powerful, not as a victim. *(Always be victim, Can't protect self)*

AMBITION — *"I want..."*

- I want them to pay for what they've done to me. I want to believe there is a God who loves and cares for me. *(Worthless, No rights, Never heal, Unloveable)*

SECURITY — *"I need…to be okay"*

- I need to be strong and self reliant to be OK. *(Weak, Powerless, Alone)*

PERSONAL RELATIONS

- Real Men and Women are able to believe in and have a relationship with God. *(Stuck, Can't believe)*

SEX RELATIONS — *"A real man…" / "A real woman…"*

- Real Men and Women don't get abused. Real Men and Women don't need anyone to protect them. *(Victim, Weak, Powerless)*

POCKET BOOK

- No one should make treatment to heal so expensive or out of reach. *(Hopeless, Helpless)*

Column 4

> *"God please help me see the truth."*

The Realization

Column 1 is not a person — skipped per instructions.

Fourth Column — "Where had I been…"

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

- I guard and protect myself. I am not vulnerable. I attack first. Use humor to control situations and others. I use sarcasm as my weapon of choice.

SELFISH: *My selfish attitudes were…?*

- Keep a closed mind. I am the most important person here. Do whatever is necessary to keep you out. Noone has my back except me.

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

- I am in the delusion that I don't need anyone. I am in the delusion that God can't be trusted.

AFRAID: *I was afraid…?*

- I am afraid that if there is a God, he will never love me. I am afraid that I can't be fixed.

HARM:

- I hate me for not having answers and being weak. I've not being open minded to the possibility that God exists and wants to have a relationship with me.

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/09-god-does-not-care-about-me.md