Example #10 — Not Fulfilled if Not in a Relationship

Columns 1 & 2

#10) I'll never be fulfilled if I am not in a relationship!

- **A)** They always leave me. It will never work out for me. I can't stand to be alone. Loneliness consumes me.

Target: Being alone means I will die!

Column 3 — Resentment Inventory

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

#10) A — I'll never be fulfilled if I am not in a relationship! / They always leave me. It will never work out for me. I can't stand to be alone. Loneliness consumes me.

Affects my:

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

- I am desirable. I have what he/she wants. *(Ugly, Pathetic, Undesirable, Alone)*

PRIDE — *"Others should..."*

- Others should "stand in line" to be with me! Others should see me as having it "all together"! *(Fraud, Rejected, Loser)*

AMBITION — *"I want..."*

- I want to be loved, pursued, adored — Wanted. *(Invisible, Disregarded, Worthless, Boring)*

SECURITY — *"I need...to be okay"*

- I need to be loved by someone, to be OK. *(Love isn't real, Broken, Defective, Alone)*

PERSONAL RELATIONS

- Real Partners are fully known and fully accepted. *(Not accepted, Unloved)*

("Relationship" Principle — write on Personal Relations)

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

- Real Women/Men have Power, Control Others and get what they want. *(Undesirable, No Control, Unwanted)*

POCKET BOOK

- Others should see that I have enough Money to attract someone. *(Ignored, Alone)*

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...?*

- Put on an "ACT" to "Attract". Be a Chameleon — Do and Say whatever is needed to get them. Overpower and Intimidate. Fake Listening to them. I never let go.

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

- If I get my needs met First, then I'll be able to care about you. They should know what I want and need without having to say it!

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

- I am in the delusion that a relationship will Fix Me.
- I am in the delusion that they are the problem.
- I am in the delusion that relationships are about Getting not Giving.

AFRAID: *I was afraid…?*

- If I am alone too long, I'll die inside spiritually.

HARM:

- I harm a lot of people. I trample on others to get my needs met. I suck the life out of the other person.

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/10-not-fulfilled-without-relationship.md