Example #11 — I Am Unloveable

Columns 1 & 2

#11) I am Unloveable!

- **A)** Too many people have rejected me and failed me. I am disposable, irrelevant and defective.

Target: Rejection experienced in Failed Relationships

Column 3 — Resentment Inventory

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

#11) A — I am Unloveable! / Too many people have rejected me and failed me. I am disposable, irrelevant and defective.

Affects my:

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

- I am important. I matter! I am loved. *(Broken, Disposable, Worthless)*

PRIDE — *"Others should..."*

- Others should want me and value me. *(Unwanted, Invisible)*

AMBITION — *"I want..."*

- I want to be the center of loving attention. I want people to pay attention to me! *(Irrelevant)*

SECURITY — *"I need...to be okay"*

- I need to be loved by others to be OK. *(Never be loved)*

PERSONAL RELATIONS

Principle inventory — do not write on Personal Relations.

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

- Real Women/Men are cared for, loved and sacrificed for... *(Disgusting, Broken)*

POCKET BOOK

- No one should have to spend so much money to get love! *(Soul is Dying, Hopeless, Can't be Fixed)*

Column 4

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

The Realization

Principle inventory — do not write on Realization.

Fourth Column — "Where had I been..."

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

- I'll be anything and do anything to be loved. Adopt other's values, opinions & beliefs. Manipulate others to get affection and recognition. I am clingy and needy. I won't let go!

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

- My needs are more important than your needs. Boundaries don't exist for me.

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

- I am in the delusion that becoming whatever I need to be loved, will not have consequences.
- I don't tell the truth, and may not even know the truth.

AFRAID: *I was afraid…?*

- I'll never be loved and always be alone.

HARM:

- I've harmed a lot of people… I've never accepted me just as I am…

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/11-i-am-unloveable.md