Example #12 — Not OK Without a Lot of Money

Columns 1 & 2

#12) I'll never be OK unless I have a lot of Money!

- **A)** It takes money to be happy. It takes money to have security, friends, and successful relationships.

Target: Without Money, I am Nothing!

Column 3 — Resentment Inventory

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

#12) A — I'll never be OK unless I have a lot of Money! / It takes money to be happy. It takes money to have security, friends, and successful relationships.

Affects my:

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

- I am what I have and earn. I am powerful and attractive. *(Failure, Money won't fix it, Unwanted)*

PRIDE — *"Others should..."*

- People should want me whether I have money or not. People should see that I am powerful and successful. *(Fraud, Unloved, Weak)*

AMBITION — *"I want..."*

- I want people to help me be successful and rich. *(Poor, Disregarded, Unwanted)*

SECURITY — *"I need…to be okay"*

- I need MORE to be OK. I need to know I matter more than my money to be OK. *(Money won't last, Money can't buy love)*

PERSONAL RELATIONS

- Money is trustworthy, makes me happy and secure. *(Money doesn't work)*

(I can have a "relationship with money"…)

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

- Real Men and Women buy happiness and get whatever they want. *(Miserable, Broke)*

POCKET BOOK

- Others should help me succeed and give me a break. *(Unsuccessful, Unwanted, 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…?*

- Manipulate, lie, play favorites, use people to get ahead, take shortcuts, take undeserved credit, only hang with the rich and successful people.

SELFISH: *My selfish attitudes were…?*

- Sacrifice anyone and anything to get to the next level.

- Look down on those with “Less”, Look up to those with “More”.
- Everyone cheats to get ahead, it is not a big deal.

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

- I am in the delusion that I can live behind a mask and persona, without suffering consequences.
- I am in the delusion that I control money, rather than Money controls me.

AFRAID: *I was afraid…?*

- Even with Money, I am still unhappy. I am a nobody and will always be a nobody.

HARM:

- Lots of people. Everyone I lied to and stepped over to get ahead.

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/12-not-ok-without-money.md