Name What You See

Step Four · Faults quick reference — putting names on the patterns in your inventory

Your Column 4 pages are full of patterns — the same moves in resentment after resentment. A **fault** (the Big Book says *defect of character*) is the **name** of a pattern. The four questions show *how* it works; the fault is *what to call it*.

> *"When we saw our faults we listed them. We placed them before us in black and white. We admitted our wrongs honestly and were willing to set these matters straight."*
>
> — How It Works, p. 67

MISTAKE, FAULT, OR WRONG?

- A **mistake** is something I did once.
- A **fault** is the same mistake on repeat — it's become part of how I run.
- A **wrong** is where a fault hurt somebody. (Your Harm lines catch those.)

Step 4 doesn't ask you to fix anything yet. Only to see it — and name it.

HOW TO NAME YOURS

1. Finish a resentment's Column 4.
2. Read each answer back and ask: *what would I call this?*
3. Write the name in the margin next to it.
4. Same name in resentment after resentment? **Underline it.** That's one of your patterns.
5. Scan the checklist on the back — mark what you see in your own writing.
6. Can't find the word? Read the line to your sponsor and name it together.

SAY IT STRAIGHT

We give our faults soft names so we get to keep them. The soft name hides the pattern. The straight name puts it in black and white.

THE SOFT NAME	SAY IT STRAIGHT
"I'm a people-pleaser"	I lie about what I feel and what I need, to keep people happy with me.
"I'm easygoing"	I put things off. I dodge hard conversations. I'm afraid.
"I'm strong-willed"	I'm controlling and stubborn.
"I'm just being honest"	I use the truth to cut people.
"I'm sensitive"	I'm quick to feel sorry for myself.
"I'm independent"	I won't ask for help, and I don't trust anyone.
"I'm generous"	I give to be liked. I'm buying approval.
"I'm protective"	I control the people I love.

The straight name stings for a minute. The soft name costs you years.

More words to try — arguing · boasting · bullying · complaining · criticizing · exaggerating · flattery · interfering · isolating · lying · manipulating · martyrdom · not listening · overworking · procrastination · retaliation · sarcasm · secrecy · showing off · stealing · stewing · withdrawing.

KEEP THIS SIDE UP WHILE YOU SCAN

The Checklist

Mark what shows up in your own writing. Already wrote about it? Skip it — you're only hunting what you missed.

WHERE FAULTS HIDE

by question

Fears (q 4)	distrust · insecurity · cowardice
Lies (q 3)	denial · excuse-making · self-justification
Thinking (q 2)	entitlement ("they owe me") · self-pity · envy · looking down on people
Doing (q 1)	controlling · gossip · people-pleasing · stealing · manipulating

One fault can live in all four at once. *Controlling* is a doing, driven by they-owe-me thinking, held up by a lie ("I can arrange everything"), rooted in a fear ("I'm not enough").

ONE FEAR, MANY MASKS

When several faults cluster in the same resentment, look underneath. They usually share **one fear**.

- Fear of being **rejected** wears people-pleasing, dishonesty, and cowardice.
- Fear of **not being enough** wears controlling, perfectionism, and overworking.
- Fear of being **found out** wears secrecy, denial, and showing off.

> *"The chief activator of our defects has been self-centered fear — primarily fear that we would lose something we already possessed or would fail to get something we demanded."*
>
> — Step Seven, 12 & 12, p. 76

THE FAULT — AND WHAT REPLACES IT

THE FAULT	WHAT REPLACES IT
Afraid	Brave
Angry	Accepting responsibility
Arrogant	Humble
Blaming others	Honestly admitting my mistakes
Controlling	Letting go of control
Cowardly	Courage to do the right thing
Denial	Admitting the truth about reality
Dishonest	Honest
Enabling	Courage to decline enabling
Entitled	Grateful
Gossiping	Speech that helps, not harms
Greedy	Generous
Impatient	Patient
Jealous	Trusting
Judgmental	Judging favorably

THE FAULT	WHAT REPLACES IT
Lazy	Disciplined
Low self-esteem	Self-worth from my Higher Power
Not standing up for myself	Assertive
People-pleasing	Courage to displease when necessary
Perfectionistic	Courage to be seen as imperfect
Resentful	Forgiving
Self-pitying	Grateful
Self-righteous	Humble
Selfish	Generous
Stubborn	Flexible
Unforgiving	Forgiving
Unwilling to admit wrong	Honestly admitting mistakes
Unwilling to ask for help	Willing to ask for help
Vain	Modest
Whining	Grateful for God's attention

The right-hand column is what Steps 6 and 7 are about — you don't fight the fault, you ask God to swap it.

Shows up once — a mistake. Shows up everywhere — a pattern. **Your pattern list is the working list for Steps 6 and 7** — *"Were entirely ready to have God remove all these defects of character."* Nothing gets removed that never got named.