The 7 Areas of Self — Intermediate Reference

Keep this next to you while you write Column 3. For each resentment, go area by area and ask: *"Did this one get hit? If so, how?"* Where it did, write **one short sentence** using that area's starter, and **bracket the fear** beside it.

This is the middle level. The simple version just helps you *spot* which areas got hit. The deep-dive files (self-esteem.md, pride.md, etc.) give the full theory, every worked example, and the spiritual reading underneath each one. This sheet gives you enough to **write** the column well.

Read First

- ◆ BB p.64 ¶3 → ◆ p.66 ¶2 — the resentment passage, including the example table on ◆ p.65.
- ◆ BB p.67 ¶3 — *"Notice that the word 'fear' is bracketed alongside the difficulties..."*

The seven areas come from this question:

> *"Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with?"* — ◆ BB p.65 ¶1

...plus *"pocketbooks"* in the narrative on ◆ p.64 ¶3, and **Pride** marked in the example table on ◆ p.65.

The Frame: You're Running a Show

Every area is a piece of the production you were trying to direct:

> *"Each person is like an actor who wants to run the whole show..."* — ◆ BB p.60 ¶8

Hold that picture as you go: **Self-Esteem** is the character you play, **Pride** is the review you demand from the audience, **Ambition** is the payoff you want from the scene, **Security** is what you need to walk out okay, **Personal Relations** and **Sex Relations** are the scripts you handed the other players, and **Pocket Book** is the money side of the scene.

Two rules for every area

- **Write the claim, not your opinion of it.** No *"I think…"* or *"I feel…"* — write the false notion plainly *(ref.* ◆ BB p.62 ¶1*)*.
- **Bracket the fear** beside each sentence. It's usually the *opposite* of the claim. See Common Fears if you can't name it.

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1. Self-Esteem — how I see myself

> ***The role I've assigned myself.*** *The character I believe I am (or need to be) in this scene.*

Write: *"I am…"* → bracket the fear. *"I am the best worker they have."* → *(not good enough)*

Got hit if: it made me feel small, dumb, weak, or like a bad person — **or** I puffed myself up afterward (*"I'm a great guy, they just don't see it"*) — or it shook who I thought I was.

Examples:

- *"I am a great guy to have around." (not good enough)* — #1 Mr. Brown
- *"I'm the best husband she could get." (bad husband)* — #4 My Wife
- *"I am important. I matter! I am loved." (broken, disposable, worthless)* — #11 I Am Unloveable

Write this one from *high* self-esteem. If you'd truly thought little of yourself, you wouldn't be resentful — you'd think you got what you deserved. The resentment proves the inflated claim was there.

Common fears here: not good enough · not important · unwanted · worthless · a bad person. Full detail: self-esteem.md

2. Pride — how I want others to see me

> ***The role I've assigned the audience.*** *Not how they do see me — how I demand they see me.*

Write: *"Others should..."* or *"No one should..."* → bracket the fear. *"Others should see what a likable guy I am."* → *(disliked)*

Got hit if: I'm worried what people will think of me; I looked bad/weak/dumb; I didn't get the respect I wanted; someone saw me in a way I don't want to be seen.

Examples:

- *"No one should want to take advantage of me." (taken advantage of)* — #1 Mr. Brown
- *"Others should see how important I am." (not important)* — #7 My Father
- *"No one should see me as weak." (weak)*

Pride has two forms: a demand *for* admiration (*"Others should..."*) and a demand *against* exposure (*"No one should..."*). Both try to control what I can't — what other people think.

Common fears here: disliked · not valued · unwanted · disrespected · weak. Full detail: pride.md

3. Ambition — what I wanted out of this

> ***What I want the scene to give me before the curtain drops.*** *The payoff I was chasing.*

Write: *"I want..."* → bracket the fear. *"I want the respect of others."* → *(not respected)*

Got hit if: this blocked something I wanted; I didn't get the love, the promotion, the win, the apology, the revenge; I still want something out of this I'm not getting.

Examples:

- *"I want the respect of others." (not respected)* — #1 Mr. Brown
- *"I wanted to be loved no matter what I do." (unloved)* — #4 My Wife
- *"I want them to pay for what they've done to me." (no rights, never heal)* — #9 God Does Not Care About Me

Ambition vs. Security: ambition is what I *want*; security is what I *need* to be okay. If the world withholds a *want*, I'm disappointed. If it withholds a *need*, I'm afraid.

Common fears here: not respected · unloved · rejected · disregarded · worthless. Full detail: ambition.md

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4. Security — what I need to feel okay

> ***What I need to walk out of this scene okay.*** *The conditions I've put on my own peace.*

Write: *"I need... to be okay."* → bracket the fear. *"I need to know she'll never leave me to be okay."* → *(abandoned)*

Got hit if: this threatened my job, home, health, safety, or basic steadiness; it made me feel unsafe or shaky; I'm afraid I can't be okay without something I lost or might lose.

Examples:

- *"I need to not be challenged to be okay." (losing)* — #1 Mr. Brown
- *"I need to know she'll never leave me to be okay." (abandoned)* — #4 My Wife
- *"To be OK, I need somewhere to live."* — (a legitimate, concrete need)

Some security entries are **real needs** (food, shelter, safety); many are **demands dressed as needs** (*"I need to not be challenged to be okay"*). Don't sort them now — just see them. The sorting happens with your sponsor.

Common fears here: abandoned · alone · not valued · not good enough · weak. Full detail: security.md

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5. Personal Relations — how I think the relationship should work

> ***The script I wrote for the other players*** *(in any non-sexual relationship). How a wife, father, friend, boss, or child should act, in my book.*

Write: the rule, the "should." Format varies by relationship → bracket the fear. *"Wives stick by their husbands no matter what." → (alone)*

Got hit if: the person broke an unwritten rule I hold for that kind of relationship. The anger feels like *"they were supposed to ___ and they didn't."*

Examples:

- *"Fellow workers can trust each other." (unable to trust)* — #1 Mr. Brown
- *"Fathers protect their daughters." (unprotected)* — #7 My Father
- *"Real sisters love their brothers and work through anything." (not trustworthy)* — #8 My Sister

Be concrete. *"Show respect"* hides the demand. *"Speak to me deferentially; don't attack me verbally; finish what you're assigned"* exposes it — and only what's exposed can be let go.

Common fears here: alone · unloved · not trusted · rejected · not good enough. Full detail: personal-relations.md

6. Sex Relations — what a real man / real woman should be

> ***The standard I measure myself (and others) against as a man or a woman.*** *Bigger than sex — it's gender identity, strength, worth.*

Write: *"A real man..."* or *"A real woman..."* → bracket the fear. *"A real man stands up for himself." → (weak)*

Got hit if: this made me feel like less of a man / less of a woman; someone didn't act like a "real" man or woman in my eyes; there's shame here about strength, toughness, being a provider, being desirable. *(If the arena is specifically sexual, the answer goes here rather than Personal Relations.)*

Examples:

- *"A real man stands up for himself." (weak)* — #1 Mr. Brown
- *"A real woman would get on with her life and not let the past bother her." (defective, crazy)* — #7 My Father
- *"Real Men and Women don't get abused." (victim, powerless)* — #9 God Does Not Care About Me

This is often the most misread area. Most worked examples use the *identity* form (*"A real man/woman…"*), not a sex-behavior script. The standard is impossible, so every shortfall becomes "proof" I'm not a real man/woman — that's where the resentment bites.

Common fears here: weak · unwanted · not respected · powerless · defective. Full detail: sex-relations.md

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7. Pocket Book — my money

> ***The money side of the scene*** *— what it costs me, or threatens to.*

Write: *"No one should…"* / *"Others should…"* (about finances) → bracket the fear. *"No one should interfere with my job security."* → *(fired)*

Got hit if: this cost me money or threatened to; it hit my income, job, savings, what I own, or what I owe. Name *which*: income, expenditure, assets, or liabilities. If it doesn't apply, write *"No money involved here."*

Examples:

- *"No one should interfere with my job security." (fired)* — #1 Mr. Brown

- *“No money involved here.”* — #2 Mrs. Jones
- *“No one should look down on my ability to provide for my family.” (bad provider)* — #4 My Wife

Pocket Book overlaps Security but is specifically **money and material outcomes.** The more specific, the better — *“Loss of income: 15%”* beats *“it might cost me.”*

Common fears here: fired · bad provider · not having enough · unsuccessful · not valued. Full detail: pocket-book.md

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A Few Tips

- Most resentments hit **more than one** area; a few hit just one. Both are fine.
- If you’re stuck on a resentment, write **Self-Esteem and Pride** first — they’re the easiest doors in.
- On your summary list, write **(Fear)** right after any area with a fear hiding under it — like `Self-Esteem (Fear), Security` — the same way the Big Book brackets it beside the areas on ◆ p.65.
- Short and honest beats long and polished. The fear in the brackets is the point.

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 sponsee/column-3-7-areas-intermediate.md