The 7 Areas of Self — Simple Reference

Keep this next to you while you do Column 3. For each resentment, look at each area and ask: *"Did this one get hit?"* If yes, write it down. Then ask: *"Is there a fear hiding under this one?"* If yes, write **(Fear)** right after that area. Most resentments have at least one.

You are **not** trying to be perfect. You're just naming which areas were touched.

Print it: ▤ Column 3 quick reference — one sheet, front and back. The steps on one side, all 7 areas on the other.

> ***Ready for more?*** *This sheet helps you spot the areas. The next sheet shows you how to write a sentence for each area, with the fear in brackets. It also gives you the Big Book pages behind each one. Step up to The 7 Areas — Intermediate.*

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1. Self-Esteem — how I see myself

What it means: The role I've given myself — who I claim to be in this scene. It's a claim, not a feeling: *"I'm a great guy." "I'm the best worker here."*

The stage-play way to say it: I'm the main character in my own show. Self-Esteem is my stage character — the role I gave myself to play.

How to tell it got hit:

- Did this poke a hole in who I claim to be? (*"I'm a good dad"* — and they treated me like a bad one?)
- Did I puff myself up afterward (*"I'm a great guy, I'm the best ___"*)?
- Did it make me feel small, dumb, weak, or like a bad person? That sting is the claim getting hit.

Phrases that mean this area got hit:

- *"I am a great guy to have around."*
- *"I'm the best worker they've got."*
- *"I'm actually a great person and they don't see it."*

The fear underneath: The bigger the claim, the bigger the fear under it. Feeling *not good enough*? That's not the area — that's the fear hiding under the claim. Mark **(Fear)**.

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2. Pride — how others are supposed to see me

What it means: The way I say other people *should* see me. Not how they really see me — how I demand they see me.

The stage-play way to say it: If Self-Esteem is the character I'm playing, Pride is the review I demand from the audience.

How to tell it got hit:

- Did I look bad, weak, or dumb in front of other people?
- Did someone see me in a way I don't allow?
- Am I worried what people will think of me? (Under that worry is a demand: *"they should think well of me."*)

Phrases that mean this area got hit:

- *"Others should see what a good guy I am."*
- *"People should see how hard I work."*
- *"No one should see me as weak."*

The fear underneath: What I'm afraid they really think — like *(disliked)*, *(disrespected)*, *(weak)*. Mark **(Fear)**.

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3. Ambition — what I wanted out of this

What it means: The payoff I was chasing — what I decided this person or scene owed me. The love, the respect, the promotion, the win, even the payback.

The stage-play way to say it: What I want the scene to give me before the curtain drops.

How to tell it got hit:

- Did this block something I wanted?
- Did I not get the respect, the love, the promotion, the win, the revenge?
- Do I still want something out of this that I'm not getting?

Phrases that mean this area got hit:

- *"I want her to love me."*
- *"I want that job / that promotion / that money."*
- *"I want them to finally admit they were wrong."*

The fear underneath: The fear of not getting it — like *(unloved)* or *(not respected)*.
Mark **(Fear)**.

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4. Security — what I need to be okay

What it means: What I believe I must have to be okay. It can be things — my job, my home, my money. It can also be people-things — being loved, being valued, knowing someone won't leave.

The stage-play way to say it: What the scene has to give me so I can walk out of it okay.

How to tell it got hit:

- The test: does it fit the sentence *"I need ___ to be okay"*?
- Did this threaten my job, home, health, safety — or someone I count on?

- Am I afraid I can't be okay without something I lost or might lose?

Phrases that mean this area got hit:

- *"I need this job to be okay."*
- *"I need her to stay to be okay."*
- *"I need to know I'm safe around him to be okay."*

The fear underneath: What happens if the need isn't met — like *(abandoned)*, *(alone)*, *(broke)*. Mark **(Fear)**.

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5. Personal Relations — how this relationship is supposed to work

What it means: My deep-down rules for how this kind of relationship should go. What a friend, parent, child, boss, or spouse is supposed to do. It works on big things too — a company, a church, even God.

The stage-play way to say it: The script I wrote and handed to the other players. This area is the script itself — and it gets hit when they don't follow it.

How to tell it got hit:

- Did this person break a rule I have for how that kind of relationship should go?
- Examples: *"Moms protect their kids." "Friends don't talk behind my back." "Husbands stand by their wives."*
- Does the anger feel like *"they were supposed to ___ and they didn't"*?

Phrases that mean this area got hit:

- *"Wives stick by their husbands no matter what."*
- *"Friends don't do that to each other."*
- *"Fathers don't do that to their kids."*

Heads up: If the rule is about being a *real man* or a *real woman*, it goes under **Sex Relations** instead.

The fear underneath: What I'm afraid is true when they break the script — like *(alone)*, *(not trusted)*, *(unloved)*. Mark **(Fear)**.

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

What it means: My deep-down rules for what makes a "real man" or a "real woman." **This is bigger than just sex.** It shows up at work, with family — anywhere the rule can get broken. And if the situation itself is about sex or romance, it lands here too.

The stage-play way to say it: The "real man / real woman" script I hand out in my show — the part I demand every man and woman play, me included.

How to tell it got hit:

- Did someone not act the way a real man / real woman is supposed to act, in my book?
- Did this make me feel like less of a man / less of a woman? (The rule I measure myself by got hit.)
- Is there shame here about strength, toughness, softness, being a provider, being attractive, being loved?

Phrases that mean this area got hit:

- *"A real man stands up for himself."*
- *"Real men don't get pushed around / don't cry / don't get abused."*
- *"A real woman would just get over it."*

The fear underneath: The fear that I don't measure up to my own rule — like *(weak)*, *(unwanted)*, *(powerless)*. Mark **(Fear)**.

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7. Pocket Book — my money

What it means: How this hits my money. My paycheck, my job, my savings, what I own, what I owe. Like every area, it's a rule I wrote: *"No one gets to touch my money."*

The stage-play way to say it: The money side of the scene — what it costs me, or what it might cost me.

How to tell it got hit:

- Did this cost me money, or threaten to?
- Did it hit my job, my income, my bills, my stuff?
- Could this cost me money later, even if it hasn't yet?

Phrases that mean this area got hit:

- *"No one should mess with my job or my paycheck."*
- *"Others should pay back what they owe me."*
- *"No one should look down on how I provide for my family."*

The fear underneath: The money fear under the rule — like *(fired)*, *(broke)*, *(bad provider)*. Mark **(Fear)**.

A Few Tips

- Most resentments hit **more than one** area. A few hit just one. Both are fine.
- If you're not sure, pick the **top 2–3** that feel loudest and move on. Your sponsor will help with the rest.
- Put **(Fear)** right after the area it belongs to — like `Self-Esteem (Fear), Security`. That's how the Big Book does it on p.65.
- If you can name the fear in a word or two, write the word instead — like `(fired)`, `(alone)`, `(not good enough)`.
- Don't try to make it pretty. Short and honest beats long and polished.

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-simple.md