Step Four — Column 3 (Simple)

> *"Made a searching and fearless moral inventory of ourselves."*

This is Column 3. You already have your resentment list from Columns 1 and 2. For each resentment, you are going to mark **which areas of self got hit.** That is all. Don't write essays. Don't start Column 4 yet.

Why Column 3

> *"On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with?" (◆ BB p.65)*

That question names five areas. The paragraph before it adds our **pocketbooks** *(◆ BB p.64)*. The example table on p.65 adds **Pride.** That makes **7 areas** in all.

Every resentment starts the same way: one or more of these 7 areas got hit — or you were afraid it would. Column 3 is just naming which ones.

Prayer Before Writing

Say this each time before you sit down to write:

> *"God please help me face and be rid of the things in myself which have been blocking me from You, other people and myself."*

The 7 Areas — Quick Names

- **Self-Esteem (SE)** — the role I've given myself; who I claim to be

- **Pride (P)** — how others are supposed to see me
- **Ambition (A)** — what I wanted out of this
- **Security (S)** — what I need to be okay (my job, my home — and people-things, like being loved)
- **Personal Relations (PR)** — how I think this kind of relationship should work
- **Sex Relations (SR)** — what I think a real man / real woman should be (bigger than just sex)
- **Pocket Book (PB/$$$)** — my money: my paycheck and job, what I own and what I owe

For more on each one, keep column-3-7-areas-simple.md next to you while you write. Read the short section for any area you're unsure about.

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

Examples packet: .../column-3-examples.handout.html — all 43 names, same numbers as Columns 1 & 2, each worked through the seven areas with a line and the fear in brackets, instructions inline.

> ***Ready for more?*** *When you want to write the third column (a sentence per area with the fear bracketed) and do the Big Book readings, step up to Column 3 (Intermediate) and The 7 Areas — Intermediate.*

How to Do Column 3

1. Go to your resentment list. Start with **#1**.
2. Read Columns 1 and 2 for that resentment so it's fresh.
3. Whisper the little prayer: *"God please help me see the truth."* Then ask: *"Which of the 7 areas got hit?"* Check the reference sheet if you're not sure.
4. Write the area names next to the resentment. Then ask, for each area: *"Is there a fear hiding under this one?"* If yes, write **(Fear)** right after that area. Most resentments have at least one.

5. Move to the next one. Don't overthink. If you get stuck, circle it and keep going — bring it to your sponsor.

Most resentments hit **2–5 areas**. A few will hit just one. That's normal.

Worked Example — Big Book p.65

These are the four resentments straight out of Columns 1 and 2 — the name (Column 1) and the cause (Column 2) — now marked for Column 3. The Column 3 entries below come right from the Big Book table on p.65.

#	Resentment (Col 1)	The Cause (Col 2)	Areas Affected (Col 3)
1	**Mr. Brown**	His attention to my wife; told my wife of my mistress; may get my job.	Sex Relations, Self-Esteem (Fear), Security
2	**Mrs. Jones**	She snubbed me; committed my friend (her husband) for drinking; she's a gossip.	Personal Relations, Self-Esteem (Fear)
3	**My Employer**	Unreasonable, unjust, overbearing; threatens to fire me.	Self-Esteem (Fear), Security
4	**My Wife**	Misunderstands and nags; likes Brown; wants the house in her name.	Pride, Personal Relations, Sex Relations, Security (Fear)

Notice **(Fear)** sits right after the area it belongs to — not at the end of the whole list. That's how you'll mark yours.

More Worked Examples

Same resentments from Columns 1 and 2 — name, cause, then the areas for Column 3. Your list will look like this.

People

#	Resentment (Col 1)	The Cause (Col 2)	Areas Affected (Col 3)
5	**Susie**	Didn't respect that I loaned her money or care about paying me back.	Pocket Book (Fear), Personal Relations
6	**My Father**	Loves a woman who tormented me; talks down to me.	Self-Esteem, Personal Relations, Sex Relations
7	**My Sister**	Pushes me around, yells over small things, picks fights.	Self-Esteem, Pride, Personal Relations
8	**My Mother**	Never satisfied — criticized and compared me; ignored what was happening at home; guilt-trips my boundaries.	Self-Esteem (Fear), Personal Relations
9	**My Ex-Wife**	Turns the kids against me; took me to court for more support; controls holidays.	Pride, Personal Relations (Fear), Security, Pocket Book (Fear)
10	**My Sponsor**	Said I wasn't working the Steps right and dropped me; shared a confidence; treats me as an afterthought.	Self-Esteem, Pride, Personal Relations

Institutions

#	Resentment (Col 1)	The Cause (Col 2)	Areas Affected (Col 3)
11	**The Church**	Told me I was sinful; covered up abuse; controlled my family with guilt; took money we couldn't afford.	Self-Esteem, Personal Relations, Security, Pocket Book
12	**The Company**	Laid me off after 12 years; promoted less experienced people over me; toxic culture.	Self-Esteem, Pride, Ambition, Security (Fear), Pocket Book (Fear)

Principles (beliefs / ideas)

#	Resentment (Col 1)	The Cause (Col 2)	Areas Affected (Col 3)
13	**God does not care about me**	He let people abuse me; ignores me; doesn't protect me.	Self-Esteem, Security (Fear), Personal Relations
14	**I'll never be fulfilled if I am not in a relationship**	They always leave; it never works out; I can't stand to be alone.	Self-Esteem (Fear), Personal Relations, Sex Relations
15	**I am unloveable**	Too many people have rejected me; I'm disposable and defective.	Self-Esteem (Fear), Personal Relations
16	**I'll never be OK unless I have a lot of money**	It takes money to be happy, secure, and have relationships.	Security (Fear), Pocket Book (Fear), Personal Relations
17	**Everyone on social media has a better life than me**	Old classmates post wins while I'm in a sober house.	Self-Esteem, Pride, Ambition

Newer Examples

Four newer examples — two people, an institution, and a principle. Same numbers on the Columns 1 & 2 sheet, the Column 4 sheet, and the printed ▤ Column 4 quick reference (pages 13–14).

#	Resentment (Col 1)	The Cause (Col 2)	Areas Affected (Col 3)
18	**My Roommate in Sober Living**	Eats my food and doesn't pay me back; leaves the mess I get blamed for; told the manager I broke curfew.	Security (Fear), Pocket Book, Personal Relations, Self-Esteem
19	**My Probation Officer**	Treats me like I'm still using; drug tests make me miss work; one mistake and she can take my freedom.	Security (Fear), Self-Esteem, Ambition
20	**The Treatment Center**	Took my family's money and discharged me at 28 days; staff talked down to us; promised aftercare never came.	Security, Pocket Book, Self-Esteem, Personal Relations
21	**I can't have fun sober**	Everything fun had a drink or drug in it; sober people seem boring; the party moved on without me.	Self-Esteem, Personal Relations, Ambition (Fear)

A Dad’s List (#22–#43)

Same numbers as the dad’s list on the Columns 1 & 2 sheet. Each is worked all the way through — a line per area with the fear bracketed — in the printed Column 3 examples packet, pages 8–13. The area lists below are the short form of those pages.

#	Resentment (Col 1)	The Cause (Col 2)	Areas Affected (Col 3)
22	**My Wife**	Checks my phone; brings up my using in every fight; tells her mom everything.	Self-Esteem, Pride, Ambition, Security (divorced), Personal Relations, Sex Relations
23	**My Wife's Mother**	Told my wife she could do better; calls me "the junkie"; walks in whenever she wants.	Self-Esteem (not good enough), Pride, Ambition, Security, Personal Relations, Sex Relations, Pocket Book
24	**My Mother**	Picked her boyfriends over us; bailed me out, then brought it up every holiday.	Self-Esteem (not worth it), Pride, Ambition, Security, Personal Relations, Sex Relations
25	**My Father**	Left when I was seven; showed up when my son was born; never said he was sorry.	Self-Esteem (turning into him), Pride, Ambition, Security, Personal Relations, Sex Relations, Pocket Book
26	**My Brother**	Got the family's respect; told Thanksgiving I stole from Grandma; won't let his kids come over.	Self-Esteem (the screw-up), Pride, Ambition, Security, Personal Relations, Sex Relations
27	**My Dealer**	Fronted me when he knew I was trying to stop; cut me off the day I was short; still texts.	Self-Esteem, Pride, Ambition, Security (going back), Personal Relations, Sex Relations, Pocket Book
28	**My Old Running Buddy**	Handed me the first one; came around high when my kids were home; got clean and quit answering.	Self-Esteem, Pride, Ambition, Security (it was my choice), Personal Relations, Sex Relations
29	**My Boss**	Fired me for one dirty test after six years; drinks at lunch; told the new guy why.	Self-Esteem, Pride, Ambition, Security (can't feed my kids), Personal Relations, Sex Relations, Pocket Book (broke)
30	**My Oldest**	Said "you're not even here"; takes his mom's side; told his teacher about the cops.	Self-Esteem (a bad dad), Pride, Ambition, Security, Personal Relations, Sex Relations
31	**CPS**	Opened a case over one phone call; looked around my kitchen; made my wife cry.	Self-Esteem (a danger to my kids), Pride, Ambition, Security (my kids taken), Personal Relations, Sex Relations
32	**The Courts**	The judge called me a danger to my children; fined me for paying late; the guy with a lawyer walked.	Self-Esteem, Pride, Ambition, Security (locked up), Personal Relations, Sex Relations, Pocket Book

#	Resentment (Col 1)	The Cause (Col 2)	Areas Affected (Col 3)
33	**The ER**	Treated me like a junkie with a broken hand; six hours waiting; “drug seeking” in my chart.	Self-Esteem (a junkie, not a person), Pride, Ambition, Security, Personal Relations, Sex Relations
34	**The Pain Clinic**	Kept me on pills for two years; cut me off cold; never picked up when I got sick.	Self-Esteem, Pride, Ambition, Security (my own fault), Personal Relations, Sex Relations, Pocket Book
35	**The Bank**	Thirty-five dollars every time I was short; calls my wife; took the truck in front of the neighbors.	Self-Esteem, Pride, Ambition, Security (losing everything), Personal Relations, Sex Relations, Pocket Book (broke)
36	**The Meeting**	The old-timer said pills aren’t a real addiction; parking-lot talk; nobody took my number.	Self-Esteem (don’t belong), Pride, Ambition, Security, Personal Relations, Sex Relations
37	**Once a junkie, always a junkie**	What my brother thinks, what the court thinks; every slip proves it.	Self-Esteem, Pride, Ambition, Security (hopeless), Sex Relations, Pocket Book
38	**A real man handles it himself**	My dad never asked anybody for anything; asking means I’m weak.	Self-Esteem (weak), Pride, Ambition, Security, Sex Relations (not a real man)
39	**It’s too late with my kids**	They saw too much; my oldest already hates me; you don’t get the years back.	Self-Esteem, Pride, Ambition (gone for good), Security, Personal Relations, Sex Relations
40	**My family would be better off without me**	All I do is cost them; my wife could find a normal guy. *Tell your sponsor today.*	Self-Esteem (worthless, a burden), Pride, Ambition, Security, Personal Relations, Sex Relations, Pocket Book
41	**I’m only good for a paycheck**	Nobody asks how I’m doing, they ask if I got paid; when the money stopped, so did the respect.	Self-Esteem (only a wallet), Pride, Ambition, Security, Personal Relations, Sex Relations, Pocket Book
42	**Nobody will ever trust me again**	My wife counts the pills; my mom hides her purse; my brother pats his pockets.	Self-Esteem, Pride, Ambition, Security (on the outside forever), Personal Relations, Sex Relations
43	**God let my friend die and let me live**	Same stuff, same night — he died, I woke up; he had a little girl too.	Self-Esteem (spared by mistake), Pride, Ambition, Security, Personal Relations, Sex Relations

These are examples. Your own answers may be different — what matters is that they’re honest for **you.**

Stop Here

When every resentment on your list has its areas marked, stop. **Do not start Column 4 yet.** Bring your list to your sponsor. Column 4 (where you were selfish, dishonest, self-seeking, afraid) is the next meeting.

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-simple.md