Step Four — Column 4 (Simple)

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

This is Column 4 — your own mistakes. You already have your resentment list (Columns 1 and 2) and the areas affected (Column 3). Now you stop looking at what they did and look at **what you did.** This is the hardest column. It is also where the freedom is.

Why Column 4

> *"Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes." (◆ BB p.67)*

The other person's wrongs are not the inventory. **Yours are.** Even if a situation was not entirely your fault, you set it down and look for **where you were to blame** — before, during, and after. The inventory is yours, not theirs *(◆ BB p.67)*.

Prayer Before Writing

Say this each time before you sit down to write:

> *"God please help me see the truth."*

The Realization (only if Column 1 is a person)

Before you write, hold this question in front of you:

> *"How have I done the things I've resented in Column 2 to this person and/or others?"*

Then say this prayer:

> *"God, this is a sick person like myself. How can I be helpful to them? God save me from being angry. Thy will be done."*

You don't have to answer the question in writing yet. Most of the time, you won't see how you've done the same things until you've already looked at your own behaviors in the four questions below. That's normal. **Write the Realization paragraph whenever it becomes clear — before, during, or after SDSF.** Sometimes the Realization is the last thing you see, not the first.

What matters is that you enter the work with the prayer and the question. The answer will come.

Skip the Realization if Column 1 is not a person (a principle, an idea, or — in the modified form — an institution). The examples below show how each case looks.

The 4 Questions — SDSF

For each resentment, answer four questions. The order matters — you start at the surface (what you did) and work down to the root (what you were afraid of).

- **SELF-SEEKING** — *"My selfish actions were…?"* — what did I actually **do**? Look around the whole resentment. What did I do before, during, and after?
- **SELFISH** — *"My selfish attitudes were…?"* — what was I **thinking** while I was doing it? What was the attitude underneath the action?
- **DISHONEST** — *"I was in the delusion that…?"* — what **lies** was I telling myself that produced that selfish thinking?
- **AFRAID** — *"I was afraid…?"* — what **fear** was driving the lies?

You don't have to write paragraphs. A line or two for each question is enough.

Harm

After the four questions, write down **who got hurt** by what you did. Look around the resentment too — not just the person in Column 1. Family, friends, employers, kids, yourself.

Print it: ▤ Column 4 quick reference — 14 numbered pages: the how-to and the Realization up front, the four questions and The Chain, Harm and the opposite-fear check, then all 21 worked examples from this file (pages 5–14), same numbering. Keep it next to your list while you write. When the same patterns start repeating, the ▤ Faults quick reference shows you how to name them.

Examples packet: .../column-4-examples.handout.html — all 43 names, same numbers as Columns 1 & 2 and Column 3, each with the fears Column 3 bracketed, the Realization, the four questions, and the harm; instructions inline and a blank card to copy.

How to Do Column 4

1. Pray.
2. Pick the first resentment on your list.
3. If it's a person, **say the Realization prayer and hold the question** before you start. You'll write the paragraph in when you can see it — that may be now, or it may not come until after SDSF.
4. Answer the four questions: **Self-Seeking → Selfish → Dishonest → Afraid.**
5. Go back and write the **Realization paragraph** if you didn't already — by now you've usually seen the pattern.
6. Then write the **Harm.**
7. Move to the next one.

Sponsor's tip: when you have a long list, it can help to do all the **Self-Seeking and Selfish** answers across the whole list first, then go back and do all the **Dishonest and Afraid.** By the time you're looking for fears, your eyes are tuned to see them.

Worked Example — Big Book p.65

These are the four resentments straight from the Big Book. Here is what every column looks like for each one, in one place.

1) Mr. Brown

C1 + C2	A) His attention to my wife. B) Told my wife of my mistress. C) Brown may get my job at the office.
C3 — Areas	Sex Relations, Self-Esteem (Fear), Security
Realization	I’ve flirted and been inappropriate around other men’s wives, especially when drinking. I’ve competed at work for other people’s jobs.
Self-Seeking	Drank too much at the office party and overreacted to Brown talking with my wife. Fought Brown at the party. Punished my wife. Gave Brown a hard time at work. Blamed him for my job insecurity.
Selfish	No one interferes with my life or tells me how to behave.
Dishonest	In the delusion I had to protect myself from Brown — that he was out to get me.
Afraid	Afraid to lose control of my job, my marriage, my life.
Harm	Caused Brown trouble at work. Harmed my wife by my behavior. Harmed my employer by my drinking.

2) Mrs. Jones

C1 + C2	A) She's a nut — she snubbed me. B) She committed my friend, her husband, for drinking. C) She's a gossip.
C3 — Areas	Personal Relations, Self-Esteem (Fear)
Realization	I looked down on her and talked bad about her. I have been judgmental and disgusted by how others live and have voiced it openly.
Self-Seeking	Brought alcohol over to drink with her husband knowing she wanted him to stop. Made fun of her concerns. Didn't care her husband was struggling. I just didn't want to drink alone.
Selfish	I only care about myself, my drinking, and what I want.
Dishonest	She has no right to have an opinion on when and where I drink. She was supposed to put up with my behavior.
Afraid	Afraid I'm incapable of living up to anyone's expectations of me, let alone my own.
Harm	Mrs. Jones — ignored what she wanted, caused her to suffer. Mr. Jones — brought liquor over when he was trying to quit.

3) My Employer

C1 + C2	A) Unreasonable, unjust, overbearing. Threatens to fire me for drinking and padding my expense account.
C3 — Areas	Self-Esteem (Fear), Security
Realization	I've been unreasonable, unjust, and overbearing at work too. I've tried to control my employer by setting my own hours. I haven't trusted management. I've threatened to quit when they needed me.
Self-Seeking	Missed too many days from drinking. Sometimes didn't come back from lunch. Took women out to dinner and charged my expense account, lied about what it was for. Bad attitude at work — caused problems for others (Brown).
Selfish	My private life is none of their business. Work owes me.
Dishonest	In the delusion I could get what I need by controlling the world around me.
Afraid	Afraid I'll never succeed or amount to anything.
Harm	Lied about my drinking. Stole from expense account. Started a fight at the company party. Caused problems for Brown. Did poor work.

4) My Wife

C1 + C2	A) Misunderstands and nags. Likes Brown. Wants house put in her name.
C3 — Areas	Pride, Personal Relations, Sex Relations, Security (Fear)
Realization	I misunderstand and complain (nag) at her all the time. I haven't trusted her with a lot of things. I look at other women.
Self-Seeking	Ignore her concerns about my drinking. Procrastinate on what she needs. Embarrass her by drinking around friends. Make her jealous by my attention to other women. Get jealous of her talking to other men (Brown). Cause her insecurity about losing everything.
Selfish	I can do whatever I want and she shouldn't bother me or get in my way.
Dishonest	It's my life and she has no say in it. She's unimportant to me.
Afraid	Afraid she'll see I'm incapable of doing better and will eventually leave me.
Harm	Don't listen to her. Don't make her feel important. Act single in the relationship. Scare her with my drinking. Get jealous easily. My attention to other women.

More Worked Examples

Same numbers as your Columns 1 & 2 list and your Column 3 sheet, now with Column 4 filled in.

People

5) SUSIE

C1 + C2	A) She didn't respect that I loaned her money or care about paying me back.
C3 — Areas	Pocket Book, Personal Relations (Fear)
Realization	I have taken money before and not paid it back. I have lied. I've said I could do things I never followed through with.
Self-Seeking	Loaned her money so I didn't have to feel uncomfortable saying no.
Selfish	If I say "no," she'll be angry and hate me.
Dishonest	In the delusion that it wasn't okay for me to be honest and stand up for myself.
Afraid	Afraid that if I stand up for myself, she'll reject me.
Harm	My dishonest attitude towards her.

6) MY FATHER

C1 + C2	A) He loves a woman who tormented me and he talks down to me.
C3 — Areas	Self-Esteem, Personal Relations, Sex Relations
Realization	I've been condescending to others. I have humiliated others. I have betrayed my father and others.
Self-Seeking	Acted out to get his attention. Called him names. Got drunk at his house. Told him he was a bad father to my brother and made him cry.
Selfish	My pain is the most important thing in the world and he owes me.
Dishonest	In the delusion I could get what I needed by acting out (as a child). That he was capable of putting me first. That if I show him what's wrong with him, he can fix it (as an adult).
Afraid	Afraid I don't matter — that unless I look a certain way, no one will love me.
Harm	Tried to get his attention in ways that were hurtful to him. Called him names.

7) MY SISTER

C1 + C2	A) Pushes me around, yells at me for the smallest things, picks fights, makes me feel like the loser brother.
C3 — Areas	Self-Esteem, Pride, Personal Relations
Realization	I have pushed others around, yelled at people for the smallest things, criticized people in good moods, disrespected people.
Self-Seeking	Ignore her. Shut her out. Lied to her. Gossiped about her. Stolen from her.
Selfish	If she can't talk to me like a normal human, I'll treat her as a stranger. She has no right to interfere with my life.
Dishonest	In the delusion that she is not important to me.
Afraid	Afraid I might do something wrong — relapse, hurt her, hurt myself to make her feel sorry. Afraid her opinion of me — that I'm too defective to be loved — is true.
Harm	Stole from her — money and peace of mind. Took it out on co-workers. Shut her out.

8) MY MOTHER

C1 + C2	A) Never satisfied — always criticized me, compared me to my siblings. B) Ignored what was happening in the house and pretended everything was fine. C) Guilt-trips me when I set a boundary.
C3 — Areas	Self-Esteem, Personal Relations (Fear)
Realization	I have been critical and unsatisfied with others. I have ignored problems in my own relationships and pretended everything was fine, especially when I was drinking. I have guilt-tripped people who set boundaries with me. I've told people they were "too sensitive."
Self-Seeking	Cut her off for months at a time, then showed up when I needed something. Used my drinking as a weapon — "you made me this way." Screamed at her, called her names. Refused to visit, then complained she didn't understand me. Put my partners in the middle. Took money from her while resenting her.
Selfish	She owes me the childhood I didn't have. She should have been stronger. If she can't give me what I need, she's useless to me.
Dishonest	In the delusion she was capable of being a different person. That the way she raised me is the only reason I am the way I am — that nothing is my responsibility. That staying angry was the same as protecting myself.
Afraid	Afraid she was right — that I'm too sensitive, too much, not enough. Afraid forgiving her means what happened was okay. Afraid I've become her.
Harm	Was cruel to her, cut her off, used her failures as a weapon, took money while telling her she was worthless. Put my partners in the middle. Created division in the family. Used the resentment to justify drinking.

9) MY EX-WIFE

C1 + C2	A) Uses the kids against me. B) Took me to court for more child support. C) Won't let me have the kids on holidays unless I do things her way.
C3 — Areas	Pride, Personal Relations, Security, Pocket Book (Fear)
Realization	I used the kids against her too — badmouthed her to them, used them as messengers, tried to be the "fun parent." I put her in financial hardship when I was drinking. I controlled things during the marriage — my schedule, my plans, my priorities always came first.
Self-Seeking	Complained to my kids about their mother. Refused to pay support on time out of spite. Showed up late for custody exchanges. Cancelled visits when inconvenient. Made promises to the kids I didn't keep. Drank during the marriage, missed school events.
Selfish	She has no right to move on with her life while punishing me. The kids should just understand. The court system is rigged against fathers.
Dishonest	In the delusion the divorce was entirely her fault. That my drinking didn't affect the kids. That I can fix this by fighting harder instead of looking at my own behavior.
Afraid	Afraid my kids will grow up thinking I didn't love them. Afraid I'll never be more than a weekend father. Afraid she was right — that I destroyed the family.
Harm	My children — exposed them to conflict, broke promises, used them as pawns. My ex-wife — failed to provide during the marriage, made co-parenting adversarial. Myself — the resentment consumed my early recovery.

10) MY SPONSOR

C1 + C2	A) Told me I wasn't "working the Steps right" and dropped me after I missed a few calls. B) Shared something I told him in confidence. C) Always has time for newer sponsees but makes me feel like an afterthought.
C3 — Areas	Self-Esteem, Pride, Personal Relations
Realization	I've told people they weren't doing things right — at work, in relationships, even in recovery. I've shared other people's personal information. I've dropped people when they became inconvenient.
Self-Seeking	Didn't call my sponsor for weeks, then got angry when he wasn't immediately available. Didn't do the assignments he gave me. Talked about him behind his back. Went looking for a new sponsor who would be "easier." Used his failings as an excuse to not work the Steps.
Selfish	He owes me his time. A "good" sponsor would be more patient. If recovery people can't be trusted, maybe the program doesn't work.
Dishonest	In the delusion my sponsor dropped me "for no reason" — when the truth is I wasn't showing up. That I wanted a sponsor when I really wanted comfort. That his imperfections meant his guidance was worthless.
Afraid	Afraid he was right — that I'm not working the program and I'm going to drink. Afraid that if I can't trust my sponsor, I can't trust the program. Afraid I'm the common denominator.
Harm	Disrespected his time. Gossiped about him to other members. Created division in the fellowship. Nearly left the program over a resentment I refused to put on paper.

Institutions

> ***Modified Realization for institutions.*** *When Column 1 is an institution, you don't say the "sick person" prayer for it. You still ask: "Where have I done the same things this institution has done — to it, or to others?" and then pray:*
>
> > *"God, help me see where I have done the same things this institution has done to me. Help me see my own mistakes. Thy will be done."*

11) THE CHURCH

C1 + C2	A) Told me I was sinful and going to hell. B) Covered up abuse scandals. C) Controlled my family with guilt and fear. D) Took money my family couldn't afford.
C3 — Areas	Self-Esteem, Personal Relations, Security, Pocket Book
Realization *(modified)*	I have used shame and guilt to control others — my children, my spouse. I have covered up my own wrongs to protect my image. I have taken from others when I couldn't afford to give back. I have judged others harshly based on my own rigid beliefs.
Self-Seeking	Used the church's failings as an excuse to reject all spirituality. Argued about religion at family gatherings. Made sweeping judgments about all religious people. Refused to examine my own spiritual life. Used my resentment as armor against vulnerability.
Selfish	All organized religion is corrupt. I'm smarter than people who believe. No one tells me what to do spiritually.
Dishonest	In the delusion that because the institution was wrong, I didn't have to look at my own spiritual condition. That rejecting the church entirely was the same as having my own spiritual path. That my bitterness was protecting me, when it was blocking me from God.
Afraid	Afraid the church was right about me — that I am bad, sinful, beyond redemption. Afraid that if I open up spiritually, I'll be controlled or deceived again.
Harm	Family — caused division at gatherings, dismissed their faith. My children — denied them any spiritual foundation. People of faith — treated them with contempt. Myself — cut off from spiritual growth for years; the resentment blocked me from finding a Higher Power.

12) THE COMPANY

C1 + C2	A) Laid me off after 12 years with no warning. B) Promoted younger, less experienced people over me. C) Toxic culture — long hours expected, no recognition.
C3 — Areas	Self-Esteem, Pride, Ambition, Security, Pocket Book (Fear)
Realization *(modified)*	I have let people go from my life without warning — friendships, relationships. I have valued newer, more exciting things over loyalty and experience. I have created toxic environments at home. I have discarded people when they were no longer useful to me. I have taken credit for others' work.
Self-Seeking	Coasted in the later years. Stopped developing new skills. Complained to coworkers instead of talking to management. Drank heavily after work. Took long lunches, padded expenses, made personal calls on company time. After the layoff, badmouthed the company to anyone who would listen.
Selfish	They owe me for my years of service. I shouldn't have to prove myself — my track record speaks for itself. The younger people don't know what they're doing.
Dishonest	In the delusion that showing up for 12 years entitled me to job security regardless of my performance. That the company owed me a career. That I was still performing well when I had been coasting.
Afraid	Afraid I'm past my prime. Afraid I'll never find work again. Afraid that without the title, I'm nobody.
Harm	Coworkers — negativity affected team morale. Family — drinking and the financial stress fell on them. Employer — coasting and padded expenses were theft. Myself — entitlement prevented growth.

Principles (beliefs / ideas)

> ***No Realization for principles.*** *When Column 1 is a belief — not a person or institution — you skip the Realization and go straight to the four questions.*

13) GOD DOES NOT CARE ABOUT ME

C1 + C2	A) If God cared, He wouldn't have let people abuse me. B) God ignores me. C) God doesn't protect me.
C3 — Areas	Self-Esteem, Security, Personal Relations (Fear)
Realization	*Skipped — Column 1 is not a person.*
Self-Seeking	Guard and protect myself. Not vulnerable. Attack first. Use humor to control situations. Use sarcasm as my weapon of choice.
Selfish	Keep a closed mind. I am the most important person here. Do whatever is necessary to keep you out. No one has my back except me.
Dishonest	In the delusion I don't need anyone. That God can't be trusted.
Afraid	Afraid that if there is a God, He will never love me. Afraid I can't be fixed.
Harm	I hate myself for not having answers and being weak. Have not been open-minded to the possibility that God exists and wants a relationship with me.

14) I'LL NEVER BE FULFILLED IF I AM NOT IN A RELATIONSHIP

C1 + C2	A) They always leave me. It will never work out for me. I can't stand to be alone.
C3 — Areas	Self-Esteem, Personal Relations, Sex Relations (Fear)
Realization	*Skipped — Column 1 is not a person.*
Self-Seeking	Put on an "act" to attract. Be a chameleon — say whatever is needed to get them. Overpower and intimidate. Fake listening. Never let go.
Selfish	If I get my needs met first, then I'll be able to care about you. They should know what I want without me having to say it.
Dishonest	In the delusion a relationship will fix me. That they are the problem. That relationships are about getting, not giving.
Afraid	If I am alone too long, I'll die inside spiritually.
Harm	Trampled on others to get my needs met. Sucked the life out of partners.

15) I AM UNLOVEABLE

C1 + C2	A) Too many people have rejected me and failed me. I am disposable, irrelevant and defective.
C3 — Areas	Self-Esteem, Personal Relations (Fear)
Realization	*Skipped — Column 1 is not a person.*
Self-Seeking	I'll be anything and do anything to be loved. Adopt others' values, opinions, and beliefs. Manipulate to get affection and recognition. Clingy and needy. Won't let go.
Selfish	My needs are more important than your needs. Boundaries don't exist for me.
Dishonest	In the delusion that becoming whatever I need to be loved won't have consequences. Don't tell the truth, may not even know the truth.
Afraid	Afraid I'll never be loved and will always be alone.
Harm	Harmed a lot of people. Never accepted myself just as I am.

16) I'LL NEVER BE OK UNLESS I HAVE A LOT OF MONEY

C1 + C2	A) It takes money to be happy. It takes money to have security, friends, and successful relationships.
C3 — Areas	Security, Pocket Book, Personal Relations (Fear)
Realization	*Skipped — Column 1 is not a person.*
Self-Seeking	Manipulate, lie, play favorites, use people to get ahead, take shortcuts, take undeserved credit, only hang with rich and successful people.
Selfish	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's not a big deal.
Dishonest	In the delusion I can live behind a mask and persona without consequences. That I control money, when money controls me.
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.

17) EVERYONE ON SOCIAL MEDIA HAS A BETTER LIFE THAN ME

C1 + C2	A) People I went to school with are posting promotions, vacations, happy families — and I'm in a sober house. B) My ex posted with someone new and everyone congratulated them.
C3 — Areas	Self-Esteem, Pride, Ambition
Realization	*Skipped — Column 1 is not a person.*
Self-Seeking	Spent hours scrolling instead of working my program. Posted carefully curated content to project an image. Stalked my ex's profile instead of doing Step work. Isolated and refused to go to meetings out of shame. Compared my insides to other people's outsides.
Selfish	I deserve what they have. Life gave them advantages it didn't give me. Recovery doesn't count as a real accomplishment.
Dishonest	In the delusion that social media is real life. That other people's success means my failure. That I should be "further along" by now — as if there's a schedule I'm supposed to be on.
Afraid	Afraid I've permanently fallen behind. Afraid people see me as the cautionary tale. Afraid recovery will always feel like starting over and never like arriving.
Harm	Myself — hours consumed by comparison, deepened depression, delayed recovery work. Sponsor and recovery community — withdrew from fellowship. People I judged online — projected motives onto people just living their lives.

Newer Examples

Four newer examples in the same format — two people, an institution, and a principle. Same numbers on the printed ▤ quick reference (pages 13–14), the Columns 1 & 2 sheet, and the Column 3 sheet. #20 uses the modified institution Realization (see the Institutions note above); #21 skips the Realization (not a person).

18) MY ROOMMATE IN SOBER LIVING

C1 + C2	A) Eats my food and never pays me back. B) Leaves the place a mess and I get blamed at house meeting. C) Told the house manager I broke curfew.
C3 — Areas	Security (Fear), Pocket Book, Personal Relations, Self-Esteem
Realization	I've taken things that weren't mine and called it "borrowing." I've left my mess for other people to clean up — at home and in life. I've told on people to get the heat off me.
Self-Seeking	Ate his food to get even. Gossiped about him to the other guys in the house. Gave him the silent treatment. Slammed doors instead of talking. Kept score instead of asking for what I needed.
Selfish	He should follow the rules so my life is easy. I shouldn't have to say anything — he should just know.
Dishonest	In the delusion that staying quiet was keeping the peace. That getting even quietly isn't as bad as saying it out loud.
Afraid	Afraid that if I speak up, I'll lose my spot in the house — that conflict always ends with me getting thrown out.
Harm	The whole house — my gossip split it into sides. My roommate — never gave him a straight chance to fix it. Myself — stewed for weeks instead of working my program.

19) MY PROBATION OFFICER

C1 + C2	A) Treats me like I'm still using no matter what I do. B) Drug tests me at the worst times and makes me miss work. C) One mistake and she can take my freedom.
C3 — Areas	Security (Fear), Self-Esteem, Ambition
Realization	I've treated people like their past was all they were. I've assumed the worst about people and watched for them to fail. I've held power over people and made them feel small.
Self-Seeking	Showed up late with an attitude. Lied about small stuff that didn't even matter. Complained about her to everyone. Did the bare minimum and called it compliance.
Selfish	I already did the hard part by getting sober — she should get off my back. The rules are for real criminals, not me.
Dishonest	In the delusion that she's out to get me — that being watched is the same as being attacked. That I deserve trust I haven't rebuilt yet.
Afraid	Afraid I'll never stop paying for my past. Afraid that no matter how good I get, I'm one bad day from losing everything.
Harm	Myself — my attitude made every check-in harder. My family — they hold their breath every time I see her. My boss — the lies about why I missed work.

20) THE TREATMENT CENTER

C1 + C2	A) Took my family's money and discharged me at 28 days, fixed or not. B) Staff talked down to us. C) Promised aftercare that never happened.
C3 — Areas	Security, Pocket Book, Self-Esteem, Personal Relations
Realization *(modified)*	I have taken money for things I didn't finish. I have talked down to people I was supposed to help. I have made promises — to my family most of all — and not kept them.
Self-Seeking	Used "treatment didn't work" as my excuse to keep using. Told my family the program failed me so they'd stop pushing meetings. Refused to try the parts that were free — meetings, sponsors, step work.
Selfish	If they couldn't fix me, no one can — so why should I try. Recovery is their job, not mine.
Dishonest	In the delusion that recovery is something you buy — that someone else could do my work for me. That because part of it was wrong, all of it was worthless.
Afraid	Afraid that nothing can fix me — that even the professionals gave up on me. Afraid my family wasted their money on someone not worth it.
Harm	My family — spent their money, then I blamed everyone but me. Myself — used the resentment as a ticket back out. People I told my story to — talked them out of getting help.

21) I CAN'T HAVE FUN SOBER

C1 + C2	A) Everything fun in my life had a drink or a drug in it. B) Sober people seem boring. C) The party moved on without me.
C3 — Areas	Self-Esteem, Personal Relations, Ambition (Fear)
Realization	*Skipped — Column 1 is not a person.*
Self-Seeking	Sat home scrolling old photos instead of trying anything new. Turned down invites from sober people, then complained I was lonely. Told the "good times" stories to newer guys. Kept my old dealer's number "just in case."
Selfish	If it's not a party, it's a waste of my time. Fun should come to me without effort or risk.
Dishonest	In the delusion that the party years were all fun — forgetting the mornings, the money, the shame. That fun is a thing that happens to you, not a thing you build.
Afraid	Afraid that sober life is just gray waiting. Afraid the best part of my life is already over.
Harm	Myself — kept one foot out the door of my own recovery. New guys — my war stories glamorized the thing that was killing us. Sober friends — wrote them off before giving them a chance.

A Dad's List (#22–#43)

Same numbers as the dad's list on the Columns 1 & 2 sheet and the Column 3 sheet. Each is worked all the way through — the fears Column 3 bracketed, the Realization, the four questions, and the harm — in the printed Column 4 examples packet, pages 10–17. The two ends of the chain are below in short form.

#	Resentment (Col 1)	Self-Seeking — what he did	Afraid — the fear under it
22	**My Wife**	Hid the phone, deleted texts, blew up when she looked, called her “controlling” at the meeting.	She’ll find the man I was; never trusted again; she’ll leave with the kids.
23	**My Wife’s Mother**	Made my wife choose, called her “crazy” in front of the kids, counted every dollar she gave us.	She’s right that my wife could do better; her money will be the man in this family.
24	**My Mother**	Took her bail and rent money, called high at 2 a.m., kept my kids from her to punish her.	I’m exactly like her; I never mattered to her.
25	**My Father**	Kept score, told my kids he was a deadbeat, called him high to tell him what he did to me.	I’m turning into him; my kids already see it; the reason he left was me.
26	**My Brother**	Stole from Grandma and let him say it, showed up after two years needing money, skipped his kids’ birthdays.	The screw-up for life; he’s right about me.
27	**My Dealer**	Texted him first every time, lied about the money, kept his number under a fake name.	I’ll go back; I’m nobody without the life; without him I’d have to feel it.
28	**My Old Running Buddy**	Called him whenever I wanted to use, told my wife it was his idea, ghosted him once I got clean.	It was my choice all along; the years are wasted with no one to bill.
29	**My Boss**	Used on the job two years, lied on the medical form, took the test high, kept his tools.	A junkie and nothing more; never hired again; can’t feed my kids.
30	**My Oldest**	Missed his games and the night the cops came, grounded him for saying it, bought him a game instead of talking.	He’s right; he already decided who I am; I’m my father to him.

#	Resentment (Col 1)	Self-Seeking — what he did	Afraid — the fear under it
31	**CPS**	Used with the kids home, coached my son on what to say, lied about the pills in the bathroom.	I'm a danger to my kids; they'll be taken and it will be my fault.
32	**The Courts**	Drove high with the kids in the car, showed up late, skipped the classes, lied to the judge.	The judge was right; locked up with my kids visiting; my wife believed it.
33	**The ER**	Broke the hand on a wall high in front of my kids, lied about what I'd taken, asked for the meds by name.	The label is true; every doctor will see it first.
34	**The Pain Clinic**	Lied about my pain level, two pharmacies, sold some to a guy at work, never told the doctor.	I did this to myself; if it's mine I have to fix it.
35	**The Bank**	Spent the truck payment, overdrew on purpose, hid the notices, gave them my wife's number.	A deadbeat; the neighbors were right; one payment from losing everything.
36	**The Meeting**	Sat in the back, never asked for a sponsor, talked about the old-timer, skipped two weeks over it.	I don't belong anywhere; not a real addict; if this room fails, nothing works.
37	**Once a junkie, always a junkie**	Repeated it as fact, didn't apply for the job, skipped the family dinner, said it about other guys.	It's true; never out from under it; trying and failing is worse.
38	**A real man handles it himself**	Detoxed alone in the garage, didn't call my sponsor for two weeks, told my wife "I got it."	I'm weak; if I ask they'll see how bad it is.
39	**It's too late with my kids**	Skipped the game, bought things instead of showing up, mourned the lost years while the kids were awake next door.	Gone for good; never forgiven; afraid to try and find out I'm right.

#	Resentment (Col 1)	Self-Seeking — what he did	Afraid — the fear under it
40	**My family would be better off without me**	Disappeared for days, said “you’d be better off” in a fight, kept it to myself for a year. *Tell your sponsor today.*	I’ll only ever cost them; they’d be relieved; if I’m wrong I have to stay and do the work.
41	**I’m only good for a paycheck**	Handed her the check and left the room, never said how I was doing, threw the money in her face.	Nothing without the money; if they knew how I was, they’d want out.
42	**Nobody will ever trust me again**	Stole the pills she counts, took cash from my mom’s purse, demanded trust like a paycheck.	A thief and a liar forever; never let back in.
43	**God let my friend die and let me live**	Bought that night, went first, waited too long to call, use his death as my reason to use again.	Spared by mistake; no plan and nobody watching; afraid to ask what I’m here for.
These are examples. Your own answers will be different — what matters is that they are honest for you.			

Stop Here

When every resentment on your list has its Column 4 written, **stop.** Bring the whole inventory — Columns 1, 2, 3, and 4 — to your sponsor. The next part is reading it together.

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-4-simple.md