

## WEEK EIGHT: Chapter 5 — HOW IT WORKS (Step 4)

**READ: Page 63, paragraph 4 → page 64, top of page, end of paragraph**

There has always been "God's Will" and there has always been "my will". I could have been operating on "God's Will" all the time but there seems to have been something within "my will", within my mind, that blocked me off from "God's Will". If I am going to turn my will and my life over to the care of God as I understand him, I am first going to have to find out what is within me that is blocking me off from "God's Will", and do something about its elimination, before God can begin to direct my thinking. Then we can open up space in our head for God's Will to come into our minds.

A time element is involved in this paragraph; it says that "we take this Step at once". We heard a professional counselor, counseling people not long ago telling them to wait two or three years to take their inventory. Our question to him was, "How many people have you killed with that statement?" We are trying to find a way to have peace of mind, serenity and happiness. As long as we are running our lives on self-will, we can't have peace of mind. We didn't have it before we got here on self-will and the longer I put off taking Step Four, the greater the chance of me getting drunk.

We think one of the reasons we procrastinate or "put it off", is FEAR. Fear that we dare not look at this stuff and we sure don't want to show it to someone else. Fear that we can't do it perfectly and we would rather wait until we could do it right. If that is our reason for not taking Step Four, what we are really saying is, "Let's get well first and then we'll do it." But, the reality is we need to do Step Four in order to get well.

Another reason we put it off is that we really don't know how to do it. There is confusion about taking Step Four. Somewhere down the line somebody was looking at Step Five and there was a statement that said something about your entire life story. So we said "Ah-ha, that's it." We took a statement out of Step Five and began to write out our life story as our inventory for Step Four. I did that when I first tried to take this inventory. But I didn't learn a thing because everything I wrote down I already knew. I learned nothing new by writing my life story. As I look back on it, I realize that 95% of it doesn't have anything to do with my drinking anyway. That 95% of my story obscured the 5% that *did* have something to do with it.

**READ: Page 64, paragraph 1 → page 64, paragraph 2**

Bill is going to tell us how take a business inventory assuming that we know something about business. Then after he tells us how to take a business inventory, he's going to turn right around and say we do the same thing with our lives. In other words, we're going to take a personal inventory just like he tells us to take this business inventory. This was Step 4. And immediately he jumps to a business inventory. He says a business that takes no regular inventory usually goes broke. This is one of his first valid comparisons between the business inventory and the personal inventory.

In our personal lives, you and I have a business, which to us is the most important business in the world, and that's the business of finding a way to live where we can be sober and peaceful and happy and free and not have to go back to drinking. If we don't inventory ourselves regularly, then we may end up going broke, which is going back and getting drunk all over again. So, the first comparison between the two would be that, without the inventory, we would probably go broke or get drunk just like a business goes broke. Now Bill says, taking a commercial inventory / business inventory, is a *fact-finding* and a *fact-facing* process.

## Step 4 – PERSONAL vs. BUSINESS Inventory Comparisons

On the right side, we put **PERSONAL** and on the left side we put **BUSINESS**. A commercial inventory is a 1) **fact-finding** and a 2) **fact-facing** process. It is an 3) **effort to discover the truth** about 4) **the stock-in-trade**. One object is to 5) **disclose damaged or un-saleable goods**, and to 6) **get rid of them promptly and without regret**. It's the only way a business can be successful. We cannot fool ourselves about values. Here we have taken some key words and put them on the left side under **BUSINESS: fact-finding, fact-facing, truth about the stock-in-trade, your effort to disclose damaged or un-saleable goods, to get rid of them promptly and without regret**.

Now Bill says, *"...we did exactly the same thing with our lives."* We did with our lives what he told us to do with the business inventory. Now Bill loves words and he loves words that mean the same thing.

<b>STEP 4</b>		
Bill's Business Inventory Compared to a Personal Inventory		
<b>BUSINESS</b>		<b>PERSONAL</b>
FACT FINDING	↔	SEARCHING
FACT FACING	↔	FEARLESS
TRUTH	↔	MORAL
STOCK-IN-TRADE	↔	OURSELVES
<b>OBJECT</b>		
DISCLOSE DAMAGED OR UNSALEABLE GOODS	↔	FIND FLAWED THINKING PROCESSES
GET RID OF THEM PROMPTLY WITHOUT REGRET	↔	GET RID OF THEM PROMPTLY WITHOUT REGRET
STOCK-IN-TRADE THAT IS DAMAGED	↔	1. RESENTMENTS 2. FEARS 3. HARMS DONE TO OTHERS
A Businessman cannot fool himself about the value of his products!		We have to get rid of old thought patterns without regret!

### Let's look at our Step 4:

We made a 1) **SEARCHING** (we put this straight across from fact-finding; they basically mean the same thing) and a 2) **FEARLESS** (we put this word across from fact-facing) 3) **MORAL** - we saw the word "moral" and we said "uh-oh, there it is. There's that list of dirty, filthy, nasty items; we don't want to look at them and we don't want anybody else to see them either; we dare not take this inventory." Bill went to the dictionary again and looked up the word "moral". It doesn't mean a list of dirty, filthy, nasty items. If he had wanted us to make a list of those things, he probably would have said that; but he didn't say that; he said "moral". **"Moral"**, according to the dictionary is **"the truth about the facts"**. That's all it is; the truth about something; the difference between the right and wrong of a situation. **So, we make a searching and fearless "truthful" inventory of ourselves**. We are the only "stock-in-trade" that we have in our business of staying sober. What part of us determines whether we are going to stay sober or not...is it our bodies? No. It's our thinking apparatus. Therefore, if we make this searching and fearless moral inventory of ourselves, our stock-in-trade, we're going to inventory our "thinking". We set out to 4) **DISCLOSE DAMAGED AND UNSALEABLE THINKING** and, 5) **GET RID OF IT PROMPTLY WITHOUT REGRET** because that is the very thing that blocks us off from "God's Will".

If my thinking is okay, then God can probably direct my will and I'll be successful in the business of staying sober. If my thinking is lousy, then God cannot direct my will and I will probably be unsuccessful and end up broke and getting drunk. So I'm going to do the same thing in Step Four that he told me to do with the business inventory.

READ: Page 64, paragraph 3 → page 65, top of page

We've learned we have a **three-fold disease**: We are **physically, mentally and spiritually sick**.

- If I am **physically** ill, I will go to the doctor. Whatever that illness may be it will display certain symptoms. The doctor will read those symptoms, diagnose and prescribe for me and hopefully I will get well.
- If I am **mentally** ill, I will go to a psychiatrist. My mental illness will display certain symptoms. The psychiatrist will diagnose and prescribe for me and hopefully I will get well.
- If I am **spiritually** ill, I will also display certain symptoms. The manifestations or symptoms of spiritual illness are:
  - "Resentment" - madder than hell all the time
  - "Fear" - scared to death all the time
  - "Guilt & Remorse" associated with "Harms or Hurts" done during our drinking careers

So, if I want to get rid of what blocks me off from God, I will have to get rid of resentment fear, guilt and remorse. This is the process we are now beginning. So if those things can leave my head, then "God's Will" can come in. This is the prescription in the Big Book and hopefully I will get well.

P L E A S E		G o o d		G o d	
R	U	N	L	L	R
I	S	V	G	U	R
D	T	Y	E	T	E
E	R	H	T	O	D
				N	
				Y	

## FOURTH STEP INVENTORY PROCESS

### *Resentments are the Number One Offender!*

From these thoughts or mental attitudes "stem all forms of spiritual disease." We are instructed to list all people, institutions, or principles with whom we were angry or have had resentments.

### What is **RESENTMENT**?

- A. Webster's Dictionary defines "resentment" as "indignation or ill-will felt as a result of a real or imagined offense". Then Webster's refers the reader to the word "anger" and gives other examples of this thought or feelings which include rage, fury, ire, wrath, resentment, and indignation. These words denote varying degrees of displeasure from anger - strong, intense, and explosive - to the longer lasting resentment - ill-will and suppressed anger generated by a sense of being wronged or being wrong.
- B. In summary and broadly defined, we are dealing with a negative or unpleasant thought or feeling caused by the real or imagined act or failure to act of a person, institution, or principle.
- C. Persons, institutions, or principles may need some explanation. Remember you are a person and your action or failure to act may very well cause you to think or feel badly (generally, this is called "guilt"). Institutions are any group of people, authorities, companies, government agencies, or other organizations.

A **PRINCIPLE** is a basic truth or law. Many of these principles have and do offend us, for example:

1. Alcoholism is an incurable, progressive, and fatal disease
2. Honesty is the best policy
3. As you give, you receive (*each of us suffer the consequences of our own actions, there is no free lunch*)
4. When you are disturbed, no matter what the cause, there is something wrong with you
5. A life lived without self-examination is not worth living (*Socrates*)
6. "Live and Let Live" and "Forgive and Forget"

## **PREPARING THE GRUDGE LIST**

With the previous instruction in mind and before proceeding any further with this inventory, a list should be prepared of the people, institutions, or principals which have, or now cause you to have resentment, as defined above.

Certain points should be remembered:

- 1) If you can remember the resentment, you should list it, even though you think you are "over it". Go back through your life: "Nothing counts but thoroughness and honesty."
- 2) A review of family albums, school annuals and the like may help you be thorough. Some people write a short autobiography of their life to assist them with their memory. But some people merely start recalling the earliest memories and work forward. I personally like to do the way Bill did and pray and be still; let God put the thoughts in my mind that he wants me to work on at this time. Because as we stay sober, more will be revealed to us and we can take this same action later in Step Ten.
- 3) Throughout the taking of Step Five, and at times thereafter, you will recall other people, institutions, and principles that have caused these negative thoughts and feelings. You can add to this list at any time, but do not spend too much time worrying about how complete the list is. Simply do the best you can over a reasonable period of time (perhaps a week).
- 4) Do not concern yourself with whether you should or should not have the feeling. Just make the list. Nothing more is required at this point.

**ASSIGNMENT:** Read Page 65, paragraph 1 to page 66, end of paragraph 3.

**\*\*\*NOTE:**

**It is suggested that the homework be done soon after the workshop meeting and then reviewed with your sponsor before the next workshop meeting.**

## Glossary of Words Used in Steps Four & Five

<b>EXACT</b>	<b>Very accurate, methodical, correct.</b>
<b>NATURE</b>	<b>The essential characteristic of an object or thing.</b>
<b>WRONG</b>	<b>Acting, judging, or believing incorrectly.</b>
<b>FAULT</b>	<b>Something done wrongly, an error, or mistake.</b>
<b>MISTAKE</b>	<b>To understand or perceive wrongly.</b>
<b>DEFECT</b>	<b>Lack of something necessary for completeness. (Same as SHORTCOMING)</b>
<b>SHORTCOMING</b>	<b>Falling short of what is expected or required. (Same as DEFECT)</b>
<b>SELF-CENTERED</b>	<b>Occupied or concerned only with one's own affairs. (Same as SELFISH)</b>
<b>SELFISH</b>	<b>Too much concern with one's own welfare or interests and having little or no concern for others. (Same as SELF-CENTERED)</b>
<b>SELF-SEEKER</b>	<b>A person who seeks only or mainly to further their own interests.</b>
<b>DISHONEST</b>	<b>The act or practice of telling a lie or of cheating, stealing, etc.</b>
<b>FEAR</b>	<b>A feeling of anxiety, agitation, uneasiness, apprehension, etc.</b>
<b>FRIGHTENED</b>	<b>A temporary or continual state of fear.</b>
<b>INCONSIDERATE</b>	<b>Without thought or consideration of others.</b>

# RESENTMENT INVENTORY PROMPT SHEET

Here is a list of people, institutions and principles that may be helpful in your resentment inventory. Feel free to add to the list as needed.

PEOPLE	INSTITUTIONS	PRINCIPLES
Father (step) Mother (step) Sister(s) (step) (half) Brother(s) (step) (half) Aunt(s) Uncle(s) Cousin(s) In-Laws Husband(s) Wife/Wives God Jesus Christ Satan Clergy Police Parole Officer(s) Lawyer(s) Judge(s) Doctor(s) Employer(s) Co-Worker(s) Creditor(s) Childhood Friend(s) Best Friend(s) Lifelong Friend(s) School Friend(s) Teacher(s) Acquaintance(s) Girlfriend(s) Boyfriend(s) A.A. Friend(s) Al-Anon Friend(s) C.A. Friend(s) S.A. Friend(s) Military Friend(s) Races/Nationalities	Authority Church Correctional System Education System Government Alcohol Tobacco Firearms Congress DMV Franchise Tax Board Internal Revenue Service Military Social Security State of _____ Welfare Mariage Mental Health System Religion	Adultery Bible Death Diety Golden Rule Heaven Hell Law Life After Death Original Sin Philosophy Retribution Seven Deadly Sins Sin Ten Commandments

# REVIEW OF RESENTMENTS

## "SELF"

COLUMN 1	COLUMN 2	COLUMN 3: Which Part of Self Was Affected?				COLUMN 4	Questions	
<p>I AM RESENTFUL OF:</p>	<p>THE CAUSE OF THIS RESENTMENT IS:</p>	<p>Social Instinct</p> <ul style="list-style-type: none"> <li>Personal Relationships</li> <li>Pride</li> <li>Self-Esteem</li> <li>Prestige</li> <li>Companionship</li> </ul>	<p>Security Instinct</p> <ul style="list-style-type: none"> <li>Emotional</li> <li>Material</li> </ul>	<p>Sex Instinct</p> <ul style="list-style-type: none"> <li>Hidden Sex Relations</li> <li>Acceptable Sex Relations</li> </ul>	<p>Ambitions</p> <ul style="list-style-type: none"> <li>Sexual</li> <li>Security</li> <li>Social</li> </ul>	<p>What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?</p>	<p>What was MY PART in all this?            What did I do initially to get the ball rolling? How could I have done things differently?</p>	
<p>I AM RESENTFUL OF:</p>		<p>THE CAUSE OF THIS RESENTMENT IS:</p>		<p>FRIGHTENED</p> <p>INCONSIDERATE</p> <p>DISHONEST</p> <p>SELF-SEEKING &amp; SELFISH</p>				<p>What was MY PART in all this?            What did I do initially to get the ball rolling? How could I have done things differently?</p>

# REVIEW OF RESENTMENTS

<b>"SELF"</b>				Questions
COLUMN 1	COLUMN 2	COLUMN 3: Which Part of Self Was Affected?	COLUMN 4	
I AM RESENTFUL OF:	THE CAUSE OF THIS RESENTMENT IS:	Social Instinct	Personal Relationships	What was MY PART in all this? What did I do initially to get the ball rolling? How could I have done things differently?
			Pride	
			Self-Esteem	
			Prestige	
		Security Instinct	Emotional	
			Material	
		Sex Instinct	Hidden Sex Relations	
			Acceptable Sex Relations	
		Ambitions	Sexual	
			Security	
			Social	
		What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?	Frightened	
			Inconsiderate	
			Dishonest	
			Self-Seeking & Selfish	



## STEP FOUR

### BILL'S BUSINESS INVENTORY COMPARED TO A PERSONAL INVENTORY

#### BUSINESS

*(How to be successful)*

#### PERSONAL

*(Finding a way to live)*

**Fact-Finding  
Fact-Facing  
Truth  
Stock in Trade**

**Searching  
Fearless  
Moral  
Ourselves**

#### Object:

**Disclose  
Damaged or Unsaleable Goods**  
*(Causing us to go broke)*

**Find Flawed  
Thinking Processes**  
*(These block me off from the  
decision I made in Step Three)*

**Get rid of them promptly  
without regret.**

**Get rid of them promptly  
without regret.**

**Stock in trade which is damaged**  
*(Does anyone not agree with  
this business inventory?)*

*(These block me off from God's Will)*  
1. Resentment  
2. Fear  
3. Harms Done to Others  
*(God cannot get in ~but~ if I get rid of  
these, God can redirect my thinking.)*

**"A businessman cannot fool himself  
about the value of his products."**

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**We must get rid of old thought  
patterns without regret!**