

Step Study Guide

Week No. 10

(May be combined with Week No. 11 if your team desires)

ASSIGNMENT

Before the meeting, read pages 5 and 6 of the Step Four Guide. Put the heading on the 4th column in your spiral notebook. This is the self-analysis in which you identify your fault in the resentments, and is appropriately titled “The Beginning of Growth” in the Step Four Guide. It is this column which relieves the difficulty of forgiveness, and will set you free from that which you resent, if you have not been able to do so. Was it my fault in having expectation which the person I resent wasn’t able to live up to? Was it my fault in not recognizing the person who offended me when I was sick, just as I was when I offended others? Use examples in pages 5 and 6 of the Guide.

AT THE MEETING

Discuss what you have done in this column. Were you able to identify your faults? Discuss any problems you are having with this. If you are totally unable to complete this column with regard to any particular resentment, leave it blank and continue on. There will come a time in your spiritual development when you are able to do so.