

Step Study Guide Week No. 9

ASSIGNMENT

Before the meeting, read page 4 of the Step Four Guide, “Analysis of Resentments”, and do the following:

1. Make four columns in a spiral notebook as shown on page 4 of the Inventory Process. The columns are headed “Name”, “Cause”, “Affects my...”, and leave the fourth column blank for now.
2. Take one of the names from your “Grudge List” and insert it in column one.
3. Go back through your life and in column two, write a few words which describe each specific instance which caused you to feel bad about this person, institution, or principle. This is an important part of the analysis. Be specific. Not, “he lied”, but rather, “he told me he would pay for [my work, e.g.] and didn’t.”
4. In column three, list how each incident which you listed in column two affected you. If, as above, someone didn’t pay you as promised, it affected your security, self-esteem, relationship, or created fear. See page 4 of the Step Four Guide, paragraph 5.

AT THE MEETING

Discuss what you have done, and any problems you are having. Exchange examples with one another.