

12 Steps On The PATH To Freedom

#13 ~ October 7, 2025

Assignments 13 –Step Four: Naming Obstacles to the Relationship / Column 1

1. Write out definitions for:

- Inventory
- Fear
- Dishonesty
- Anger
- Infidelity
- Secrets
- Resentment
- Principles

2. Read and **highlight** the balance of page 63 and page 64 in the Big Book.

3. Read and **highlight** Step Four from the Twelve Steps and Twelve Traditions. (PDF Copy of book attached.)

4. List your resentments – people, institutions, and principles. Resentment is anger felt over and over. The point is not the memory of the anger. It is about still having the feeling of the anger, disturbance and upset, at the present moment. These are the big bites, not mosquito bites. This is Column 1 (see Big Book page 65).

OPTIONAL WORK

5. LISTEN/WATCH: Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE STEP FOUR: RESENTMENTS: Overview & Purpose/ Column One & Two