

12 Steps On The PATH To Freedom

#15 ~ October 21, 2025

Assignments 15 –Step Four: Resentments – Column 3 Worksheet

1. Read the bottom of page 64, through all the material on page 65 up to, but not including, the last paragraph on page 65 of the Big Book.
2. Print out a supply of the Step Four Resentment [Worksheets - Column 3 & 4 \(Attached\)](#)
3. Complete three worksheets by doing: 1) a; 2) a; 3) a; i.e., three different people and **one resentment** for each person. Pick out **two or three** people who are the most significant. (Shark Bites, NOT Mosquito Bites)
4. Create a picture of your EGO self in the bondage of self, (Lost Lisa, Pathetic Herbie), the false persona you have lived your life behind, show how it looks to be that person in color, black and white, pencil, etc. Put as much detail as possible, you don't need to be an artist, just express it as well as you can on paper.
5. LISTEN/WATCH: Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE STEP FOUR: RESENTMENTS: COLUMN THREE
<https://youtu.be/YEoqYcGe8aQ>

**OPTIONAL
WORK**

- Twelve Steps to Spiritual Awakening - Enlightenment for Everyone : pages 92-94
- Practicing the Here and Now - Being Intentional with Step 11: Chapter 4, pages 76-77
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 48-50