

WESTBORO BIG BOOK STUDY TAPE GROUP

All Saints Anglican Church

Saturday Morning 9:00 a.m.

347 Richmond Road (near Churchill)

Session 23.doc

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Step 4: Chapter 5 - How It Works

(Tape 5 - 00:36:18.5)

So we filled out the first column. Now Bill said, Mr. Brown, Mrs. Jones, My employer and My wife. He probably had more than that. I think he just didn't want to use anymore space in the Big Book. Mine was that long, long list of about 152 names. Joe.

Big Book p. 64, par. 4, line 31 *"We asked ourselves why we were angry."*

J & C Period. Stop right there and go to the second column *The Cause*

In the illustration he uses here **very short and sweet, just four or five little words, not too many words to describe the cause. Simplicity is the key here in the second column.**

I'm resentful at: The Cause

Mr. Brown	His attentions to my wife. Told my wife of my mistress. Brown may get my job at the office.
Mrs. Jones	She's a nut - she snubbed me. She committed her husband for drinking. He's my friend. She's a gossip.
My Employer	Unreasonable - Unjust - Overbearing. (refers to p. 36) Threatens to fire me for drinking and padding my expense account.
My Wife	Misunderstands and nags. Likes Brown. Wants house put in her name.

So simply in the second column we just write down, we ask ourselves why we were angry. Beside each name one at a time, using four or five little words to describe the cause. There may be one cause, or there may be two or three causes, but we simply write them down in the second column.

We're not going to write any long essays, just a few simple words by each name. It may be one cause, or it may be multiple causes as we have here. Whatever it is we put it down.

I filled out the second column and I began to realize something that's become very valuable to me.

**I began to realize that it's not the People and the Institutions that I'm upset with.
It's what they've done to me that's got me upset.**

I can take Mr. Brown out of here and put Mr. Green in. I'll be just as upset with Green as I am with Brown if he does the same thing to me. I could take Mrs. Jones out of here and put Mrs. Smith in. If Smith does the same thing I'm going to be just as upset with her as I am with Jones. I can take my wife out of here and put my mistress in, and if she does the same thing I'll be just as upset with her. I begin to realize it's not them that's got me upset, it's what they've done to me that's got me upset.

Now the reason that's valuable is because of this. I'm getting ready to start out on a lifetime changing process to develop the best possible relationship I can with the world and everybody in it so I can have maximum peace of mind and serenity. A part of that relationship is a little later on in my program I'm going to have to go to a bunch of people and ask them to forgive me for what I've done to them. By the same token, I'm going to have to forgive others for what they've done to me.

And a part of that forgiving process can start right here when I begin to realize it's not them,

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it's what they've done that's got me upset.

That starts getting names out of the way. And it's going to make it a lot easier to handle this in the future. So I've filled out two columns now.

1. I learned how resentful I really am, how much that blocks me from God.
2. I learned it's not them I resent; it's what they've done to me that I actually resent.

Two valuable things. Now let's look at the third column.

Big Book p. 64, par. 4, line 33 "In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened. So we were sore. We were burned up. On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with? We were usually as definite as this example:"

J & C And again using that information that we got from **the basic instincts of life**, we set to fill out the third column, what part of self was affected by that, what basic instinct was threatened by the action those people did.

I can't be upset with you unless you've done something to threaten one of these basic instincts of life.

If you threaten my social instinct in any way, my self-esteem, my personal relations, you're going to upset me, make me angry. If you threaten my security, either material or emotional, you're going to upset me and make me angry. If you threaten my sex life in anyway, you're going to upset me and make me angry.

And as I begin to fill out the third column and put down the part of self that is affected, in most cases I begin to see a pattern develop.

Maybe beside each name I'm putting down self-esteem. Maybe I begin to see my main problem is self-esteem.

Maybe I'm putting down security. Maybe I begin to see my main problem deals with security.

Maybe I'm putting something under sex each time and I begin to realize the sex thing is my main problem.

I begin to see what part of self really does stand out.

Probably going to be a combination of all three, but I can certainly see what part of self really does predominate and stand out when I keep seeing it appear over and over and over and over again.

When I filled out the third column here's where I learned something that I think is the most valuable thing I ever learned about me. As I filled out the third column, for the first time in my life I could see where anger comes from. I've always had a problem with anger; I've always acted and re-acted with anger. I would do something to hurt other people I'd be ashamed of it, I'd say I'd never to it again, I'd turn right around and get angry and do it all over again.

You can't do anything about a problem until you understand the problem. I never did understand where anger comes from. I always thought it was just one of those feelings that flitted into your mind, you could do nothing about it. Today I realize that **anger comes from a threat to one of these basic instincts of life.**

If my basic instincts are under control at the level that God intended, if my relationship with God is okay, you can do anything you want to me and I'm not going to experience anger over it.

I'll guarantee you if my instincts are out of control, if my relationship with God is not right, about anything you do to me that threatens a basic instinct, creates anger.

And I romp and stomp and raise hell with you and everybody around you. Now this lady that I'm married to today, hopefully I can introduce you to her tomorrow, she's her with us this weekend, a beautiful lady name Barbara. If there's any such thing as a

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black belt Al-Anon, she's one of them. She's got now about 31 or 32 years in the Al-Anon fellowship, great, great program. But Barbara is like all human beings. She has self-will too. Now once in a while, she'll get sick in self. Al-Anons do that once in a while, not too often but once in a while. She'll do something that threatens one of my basic instincts of life. And when she does it, it hurts. I've found that if my relationship with God is right, my instincts are at the level God intended, I'm able to say, the poor old thing. They're sick just like we are and they can't help it anymore than we can, and that thing will just slide off of my back and just won't bother me at all and I'll just go on about my business. Now thirty days later though, the same lady does the same thing, only this time my instincts are not under control and my relationship with God is not right today. And I react to what she did with anger, and I romp and I stomp and I raise hell with Barbara and everybody around me all day long. The same lady did the same thing but I choose to react to it in an entirely different manner based upon my relationship with God and where my instincts are that day. Thank God I've learned that, cause you see I can't do anything about Barbara, and

**I can't do anything about any other human being on earth,
but I can do something about my relationship with God
and keeping my instincts under control where I don't have to get angry.
And if I don't have to get angry, I'm in much less chance of drinking
than I am if I just continue that anger over and over and over.**

Thank God I learned that. One of the best pieces of information I ever found. Now we have filled out three columns.

Column 1

We listed the people we're angry with, resentful at.

And we realize how resentful we really are, and how much that blocks us off from the sunlight of the spirit.

Column 2

We learned it's not them we're resentful at; it's what they've done to us.

Column 3

We learned it's not even what they've done to us. It's how we choose to react to it based on our relationship with God and whether our instincts are under control or not.

Now we're going to fill out a couple names here from our inventory. We're not going to do the whole thing, but just two or three names as an example. The first name on my sheet was this lady named Barbara. Thirty some odd years ago I hated this lady with a purple passion. If I could have done away with her and not got caught I believe I would have done it. I used to lay awake at night fantasizing about this thing. Tomorrow morning while she's on the way to work and by the way she always worked. I believed in her being self supporting through her own contributions. Always thinking of others. Tomorrow morning while she's on the way to work she's going to get run over by a big semi truck. And it's not just going to be any trucking company, it's going to be a very affluent trucking company. And they're going to run over her and kill her and I'm going to sue them. And I'm going to come out of this deal getting rid of her with two or three million dollars in hand. You Al-Anon's are not the only ones that fantasize, we alks did it too, believe me we did. The second name on my sheet was the Internal Revenue Service. God, I hated those people with a purple passion. Just mention their name and I began to froth at the mouth immediately. Joe, what was the first name on your inventory sheet? Rose, wife number one, Rose. Now it's just that simple, that's how you fill out the first column.

We go to the second column. Why am I so upset with Barbara? The last year before she went to Al-Anon she had the audacity to file for divorce three times. She's spending more money on lawyers and divorces than I'm spending on booze and everything that goes with it. And my God I hated her for that. Why am I so upset with the Internal Revenue Service? Well they're trying to put me in jail, that's why. Joe, how come you're so upset with Rose? Had an affair with another man, after all I done to her, I mean after all I done for her. Had an affair with another man, really upset with her.

Now we go to the third column.

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Barbara filing for divorce three times, is that a threat to my self-esteem?

You betcha. What are other people going to think about me now, taking this lady back after she's filed for divorce three times?

Barbara filing for divorce three times, is that a threat to my personal relationships?

Sure it is. She's going to take the kids and she's going to leave or they're going to kick me out, one of the two. No personal relationships.

Her filing for divorce three times, is that a threat to my security?

By the time she's through, she'll have it all don't worry about that.

Is it a threat to my sex life?

She probably won't let me have any sex if we get a divorce.

The Internal Revenue Service trying to put me in jail, is that a threat to my self-esteem?

What are people going to think about me after this deal is over with?

Is it a threat to my personal relationships?

They're not going to let me have any relationship with my wife and children if I'm in jail

Is it a threat to my security?

They're going to take every penny I've got by the time it's over with.

Is it a threat to my sex life?

The kind I'd like to have, you betcha it's a threat to it.

Rose had an affair with another man, is that a threat to Joe's self-esteem?

Is it a threat to his personal relationships?

Is it a threat to his security?

Yeah he'll have to go to work now, she's been supporting him for the last ten years.

A threat to his sex life?

All these things are a threat to those things. OK. When we have finished up these three sheets/columns, and we've been able to see

column 1 - how many resentments we have

column 2 - the cause of the resentment

column 3 - the part of self that was affected

and we've learned valuable information about ourselves, just by filling out those three sheets.

(Tape 5 - 00:51:50.3)

15 minutes