

# WESTBORO BIG BOOK STUDY TAPE GROUP

All Saints Anglican Church

Saturday Morning 9:00 a.m.

347 Richmond Road (near Churchill)

Session26a.doc

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## Step 4 Chapter 5 - How It Works

(Tape 5 - 01:26:49.0)

J & C Now I hear some of you saying, and I hear awful good, I've got good hearing. Charlie hears good. I hear some of you saying "Well Charlie that's probably right on those that we did something to them. But how about those that did it to us? And we didn't have anything to do with that. How about those that hurt us as kids growing up? How about those that hurt us in our marriages that we didn't do anything to cause it? Aren't we justified in having that kind of resentment?" Well I guess we are if we want to get drunk over it.

**But you see a justified resentment blocks you off from God just like an unjustified resentment does.**

When you've got a justified resentment churning around in your head, then whoever or whatever you're resenting is controlling your thinking. If they're controlling your thinking, they're controlling your decisions. They're controlling your life for you. And you have given them power to actually kill you. Cause you've given them power to cause you to get drunk again. Now if you've got one of those resentments and I don't care what it is, I don't care whether it's physical abuse, mental abuse, sexual abuse or whatever. And I keep hearing in AA all the time this sexual abuse thing. If usually centers on young women. Now let me tell you something, men know about that too. I don't know how many 5th steps I've taken with men, and nearly every one of them, somewhere in the background we've had that kind of stuff too, it's not just women it's men. If you've got one of those kind of resentments and you don't want to get rid of it knowing full well it might get you drunk then we'd better get it on this sheet of paper and take a look at it. And see what we're doing with it. We're probably using it for rationalization and justification. To rationalize not doing things we ought to go do or just as importantly to rationalize and justify things doing things we shouldn't be doing in the first place. Oh the greatest excuse in the world is

**"If they hadn't have done that to me then I wouldn't have to be the way I am today".**

**They call that victimization.**

I don't really think we have any place for that in AA. We're all adults. It's time for us to realize that whatever **has happened to us in the past does not have to control what we do today.** Now the only reason for that is to justify, rationalize and etc.

The woman in the book...

She used her resentment against her mother to justify her lack of education. Bull. She could have gotten an education if she wanted to bad enough.

She used it to justify her marital failure. Bull. Mama didn't have anything to do with her marital failure.

She even used it to justify her alcoholism. Mama had nothing to do with her alcoholism. She became alcoholic because she drank whiskey. And she drank enough of it she became alcoholic.

Now I think it's time for us to realize we are responsible for what we think and how we feel. We are responsible for what we do today. Mother and daddy and other people are no longer responsible for that. Maybe they were when we were little kids but we're not little kids any longer. And if really doesn't make any sense to let somebody hurt me 5, 10, 15, 20 years ago and then let them hurt everyday for the rest of my life. If I'm resenting them they've got me. And they're going to kill me. I need to put them on this sheet. Put down their name. What did they do to me? What part of self is affected? What did I do, if anything, to set it in motion, in this case nothing? But then let's look in the fourth column. Are we so dishonest with ourselves we refuse to see the truth?

**If you've got a resentment in your head today it's not true. I'm going to say that again. If you've got a resentment in your head today it's not true.**

Oh it was based on truth and it's partially true. But if you've played it over and over and over you've distorted it and it's no longer true. Can we honestly look at it and see the truth behind it?

Let's look in the fifth column and see if maybe are so frightened of facing life without it we've refused to turn it loose. Cause you know after all if we turn it loose then we've got to take responsibility for our own behaviour. It's a hell of a lot easier to blame it on others. Are we so afraid of facing life without it we won't turn it loose? Are we so inconsiderate of another human being? Have we

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failed to recognize that people that do those things to us, they're not necessarily bad people. They're sick people. They didn't necessarily do it to us. They would have done it to anybody in that position. If we could even begin to consider that, maybe we can start a forgiving process. Maybe we could straighten up a relationship with another human being before it's too late. After they're dead it's too late I'll guarantee you it is. Maybe we can do it while we're all still alive.

If we will do those things I think we can get rid of that resentment too when we really see the truth behind it and what we're doing with it. If we can't get rid of it that way then we can use the ultimate tool. By golly we can pray for them. And if we pray for one of those people we resent that doesn't mean that we approve of what they did. That doesn't mean we're going to take them by the hand and walk hand in hand with them for the rest of our life. What it means is that we are tired of letting them control us, dominate us and rule us everyday for the rest of our life. We can get rid of those kind of resentments too. And if we don't want to do that then chances are we are using it for some reason and we need to take a look at it very, very carefully. Joe?

Takes 2 people to make a prison...the prisoner and the jailer. Have to turn them loose and let them out and turn them loose. All those people that I hated I had to turn them loose. Charlie said "I don't want to be a victim anymore" and I don't think...Alcoholic Anonymous may be the only association left on the face of the earth that won't allow us to be victims. There's victims going on all out there. Everybody wants to be a victim of something. You know. But we in AA won't let each other do that cause we have a way out. When everything else fails we can pray for them. They need the prayers and we need the practice.

You know I see in many AA meetings where we've gone into this group therapy stuff and we sit around the table and we discuss what those people did to us. And we try to figure out why they did it. We'll never understand why they did it. The thing is they did it. Then we start trying to discuss and figure out why it made us the way we are? We'll never understand that. The fact is that's the way we are. The real question is "What are we going to do about it?" Are we going to continue to let them kill us? Or are we going to get rid of that jazz? That's what AA is about. It's not to sit around and talk about problems. It's to sit around and talk about how do you solve the problems. And resentment is the number one problem for every alcoholic. And if we can get rid of them then we're peaceful, happy and free. Until we do we'll never be free of it.

Now the next part of our inventory is fear and sex and Joe leaned over to me a while ago before when he walked behind and he said "Charlie, I've got a headache and I don't feel like sex today." He said "Let's get a good nights rest and have sex on Sunday morning." Is that OK with you guys?

Wherever you're going tonight you're going to work on your resentments. When we see you tomorrow morning you're going to be the most beautiful people in the world. You're going to be 100% resentment free. It's going to be great. Thank you all for being here today. We'll see you in the morning.

(Tape 6 - 00:03:42.6)

9 minutes