

WESTBORO BIG BOOK STUDY TAPE GROUP

All Saints Anglican Church

Saturday Morning 9:00 a.m.

347 Richmond Road (near Churchill)

Session30.doc

Page 1 of 5

Step 4

(Tape 6 - 01:02:40.0)

J & C Column 4 – what feelings did I create in others?

Did I unjustifiably arouse jealousy, suspicion, or bitterness? What should I have done instead? In column 4 not only are we looking to see those things that we did but we also need to be looking at what should we have done instead? We're trying to shape a new sex life of the future where we can still engage in it and enjoy it yet at the same time not hurt other people.

Column 5 – which character defect is involved?

Same old deal. If I wasn't so selfish I wouldn't be doing some of those things in a sexual area that hurt other people. If I wasn't so dishonest I wouldn't be sneaking around behind my wife's back lying to her all the time anyhow. If I wasn't so afraid of facing life without that sex to build my self-esteem and ego and etc probably wouldn't be doing it in the first place. If I really considered my wife and my children and other human beings ahead of my own needs and wants I wouldn't be doing those things that's going to take a chance on hurting other people. And I'll guarantee you that if I stay selfish, dishonest, self-seeking, frightened and inconsiderate.

I'm going to keep right on doing the same old things.

I'm going to keep right on hurting people in the sexual area.

I'm going to have to be scared to death of what they're going to do to me if they catch me.

The guilt and remorse eats me up.

Sooner or later it blocks me off from God and I end up drunk over it.

It's not a question of right and wrong. It's a question of what can we do and live with it with peace of mind and happiness and be able to stay sober in the future. At the very least we're going to have to do something about some of these things or sooner or later it eats us up. Now once again we're doing step 4. This is the sex part. In the fifth column we see all the information now we need for step 5, 6 and 7. Quite naturally all the names in column 1 will come off this sheet and be added to the sheet to be used later on for steps 8 and 9. Again I was amazed to see in many cases the same names appearing on all 3 sheets. Barbara was certainly on all 3 sheets. I even had the IRS on all 3 sheets. I resented them, I feared them and I gave them a pretty good screwing before I got through with them too.

Now let's see what we do with this information.

Big Book p. 69, par. 2 "In this way we tried to shape a sane and sound ideal for our future sex life. We subjected each relation to this test -was it selfish or not?"

J & C And prayer is going to be used three different times in the next page or so. Here's the first one.

Big Book p. 69, par. 2 cont. "We asked God to mould our ideals and help us to live up to them. We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed."

J & C You see God never did give us anything that was bad.

Big Book p. 69, par. 3 "Whatever our ideal turns out to be, we must be willing to grow toward it. We must be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing. In other words, we treat sex as we would any other problem. In meditation, we ask God what we should do about each specific matter. The right answer will come, if we want it.

God alone can judge our sex situation. Counsel with persons is often desirable, but we let God be the final judge. We realise that some people are as fanatical about sex as others are loose. We avoid hysterical thinking or advice."

J & C You know this is an area that I don't think we need a whole lot of advice in anyhow. I think all of us deep down inside, we know what we should be doing and what we shouldn't be doing. You know I've never been in a sexual situation that was wrong that I didn't know it was wrong before I ever got into it. Didn't keep me from getting into it. But I never got into one yet that was wrong that I didn't know it was wrong before I ever got into it. And if you start running around asking people for sexual advice, if you ask 6

WESTBORO BIG BOOK STUDY TAPE GROUP

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Saturday Morning 9:00 a.m.

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Session30.doc

Page 2 of 5

different people you're going to get 6 different answers. And then you'll have to decide which one of those to follow. And besides that I really can't think of a worse place in the world to get sexual advice than in the fellowship of Alcoholics Anonymous. I think that's a hell of a place to look for it. I think all we've got to do I listen to that little voice inside. I think it pretty well knows. And I think it will pretty well tell us what we should and what we shouldn't do and if we follow it were probably not going to hurt other people.

Big Book p. 70, par. 1 "Suppose we fall short of the chosen ideal and stumble? Does this mean we are going to get drunk? Some people tell us so. But this is only a half-truth. It depends on us and on our motives. If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson. If we are not sorry, and our conduct continues to harm others, we are quite sure to drink. We are not theorizing. These are facts out of our experience."

J & C You know I had a young fellow come to me not long ago he's still in his twenties. And he said, "You know Charlie my sponsor said I couldn't have any sex the first year of sobriety. Is that right?" And I said "No that's not necessarily right. You can have all the sex you want the first year. The second year you can have it with other people." You know sometimes it's hard enough to quit drinking without doing some other things too.

Big Book p. 70, par. 2 "To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing. If sex is very troublesome, we throw ourselves the harder into helping others. We think of their needs and work for them. This takes us out of ourselves. It quiets the [horny condition] imperious urge, when to yield would mean heartache."

J & C Old Bill used some fancy words didn't he?

Ok now we're going to make one other suggestion before we leave the inventory. The book says we have the list for our amends we made it when we took step 4. And we've looked at the people we've hurt on the resentment sheet. We looked at the on the fear sheet. We looked at them on the sex sheet. But there's other people we've hurt in other ways too that perhaps haven't popped up on any of these sheets. Maybe somebody that we've stole money from them. Or maybe somebody we hurt physically. Many ways we hurt people. And any of those names that have come up on at least one of these 3 sheets we suggest we take this fourth sheet, a review of harms other than sexual, and do exactly the same thing with it that we've done with the other sheets.

WESTBORO BIG BOOK STUDY TAPE GROUP

All Saints Anglican Church

Saturday Morning 9:00 a.m.

347 Richmond Road (near Churchill)

Session30.doc

Page 3 of 5

Page 10

REVIEW OF HARMS OTHER THAN SEXUAL

COLUMN 1 WHO DID I HURT:	COLUMN 2 WHAT DID I DO?	COLUMN 3 AFFECTS ME: Which part of self caused me to do what I did? Was it caused by the social instinct, the security instinct, or the sex instinct?	COLUMN 4 WHAT FEELINGS DID I CREATE IN OTHERS? Did I arouse jealousy, suspicion, bitterness, anger, obsire to retaliate, fear, etc.? What should I have done instead?	COLUMN 5 WHERE HAD I BEEN: "Selfish" "Disrespect" "Self-Speaking and lightened" "Inconsiderate?" Which of the above character defects caused me to do what I do to harm another?

WESTBORO BIG BOOK STUDY TAPE GROUP

All Saints Anglican Church

Saturday Morning 9:00 a.m.

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Session30.doc

Page 4 of 5

Column 1 - who did I hurt

Column 2 – what did I do

Column 3 - what part of self is affected

Column 4 – what feelings did I create in others? What should I have done instead?

Column 5 – which character defect is involved?

And if we'll do that then we've got everything here that we'll need for 4,5,6 and 7, 8 and 9. And when we've done this sheet, when we have completed our inventory we've got everything we need now for 4,5,6,7, 8 and 9 and now then we are ready to get on with our business. Very, very simple procedure. Now let me ask you something.

Did we see anything here to be afraid of?

Did we see anything that was complicated we couldn't do it?

Did we make a list of dirty filthy nasty items?

Did we get any positive results from this?

Is there any reason why we shouldn't go ahead and do step 4?

We don't need to procrastinate any longer now do we?

It is simple enough that we can get with it get on with the program. A little bit of study and a little bit of help from your sponsor and a couple of evenings and you can have it done just that quick. Now the book says

Big Book p. 70, par. 3 "If we have been thorough about our personal inventory, we have written down a lot. We have listed and analyzed our resentments. "

J & C Now some people look at the word analyzed as a bad word. All this is, is another word that means truth. We have takes a truthful, a moral truthful honest analytical inventory. To analyze something simply means to get down to the truth of it. Now he didn't say it but we've listed and analyzed our fears. We've listed and analyzed our sexual harms. We've listed and analyzed harms other than sexual.

Big Book p. 70, par. 3 cont. "We have begun to comprehend their futility and their fatality. We have commenced to see their terrible destructiveness. "

J & C Now here's some results.

Big Book p. 70, par. 3 cont. "We have begun to learn tolerance, patience and good will toward all men, even our enemies, for we look on them as sick people. "

J & C My God what a change in personality already. This is a real change taking place here in step 4. We don't have to wait till step 12 to get something.

Big Book p. 70, par. 3 cont. "We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can.

In this book you read again and again that faith did for us what we could not do for ourselves. We hope you are convinced now that God can remove whatever self-will has blocked you off from Him. If you have already made a decision, and an inventory of your grosser handicaps, you have made a good beginning. That being so you have swallowed and digested some big chunks of truth about yourself. "

J & C So what are some of the grosser handicaps which we've looked at?

- Resentment
- Fear
- Guilt
- Remorse

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Session30.doc

Page 5 of 5

What are some of the basic character defects that we've looked at and the basic cause?

- Selfish
- Dishonest
- Self-seeking
- Frightened
- Inconsiderate

We have really looked at those things very carefully haven't we? Now the book recognizes that we will never be perfect. It said these are our grosser handicaps. I think one of the greatest mistakes being made in AA today is everybody is sitting around waiting until they get well so they can do step 4 perfect. You can't do that. Let's get rid of these grosser things. We've got another step later on that we are going to use this process for the rest of our life. We'll be inventorying forever. And it will get better and better. But these are the major things that kill us. We've got them behind us. Now we can get on with our business. You know I think this is all the inventory I need anyhow. As I look back at my lifetime I can't spot an emotional problem I have ever had that didn't revolve around one of 3 things.

- Madder than hell at somebody.
- Scared to death about something.
- Or I've done something I shouldn't have done and the guilt and remorse was eating me up.

As I project my mind in the future I don't see anything that's going to bother me that's not going to revolve around the same 3 things.

- Madder than hell
- Scared to death
- Filled with guilt and remorse

I think this is the perfect inventory for people like us. And we will continue to work on it the rest of our lives anyhow.

Now I don't know if you all have noticed or not but nearly all information in the big book on sex is on page 69. I don't know that that has any significance whatsoever that just happens to be where nearly all the sex information happens to be is on page 69.

You know we heard a story about a young lady who had been in AA about 90 days and she went to her sponsor and she said "Sponsor, I've got a problem." Her sponsor said, "What is it?" She said, "well it's this sex thing. Sober I don't know what to do. Anything I've ever done in the sexual area, tried to attract a member of the opposite sex, or anything else it's always been while drinking. Sober I just don't know how to function." Her sponsor said "Well go and get out your big book. Read page 69. It will have the answer to any problems you might have." So the young lady goes home and gets her book out and proceeds to read but she got confused on page numbers. Instead of page 69, she read page 96. Just for the hell of it why don't you go over to page 96 and see what she read.

Big Book p. 96 "Do not be discouraged if your prospect does not respond at once. Search out another alcoholic and try again. You are sure to find someone desperate enough to accept with eagerness what you offer. We find it a waste of time to keep chasing a man who cannot or will not work with you. If you leave such a person alone, he may soon become convinced that he cannot recover by himself. To spend too much time on any one situation is to deny some other alcoholic an opportunity to live and be happy. One of our Fellowship failed entirely with his first half dozen prospects. He often says that if he had continued to work on them, he might have deprived many others, who have since recovered, of their chance. "

J & C I think that's one of the most appropriate things I've ever read. It just goes on and on and on.

(Tape 6 - 01:16:20.0)

14 minutes