

WESTBORO BIG BOOK STUDY TAPE GROUP

All Saints Anglican Church

Saturday Morning 9:00 a.m.

347 Richmond Road (near Churchill)

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Step 4: Chapter 5 - How It Works

(T5 - 00:17:44.7)

J & C Now there are three common manifestations of a life run on self-will, and we've already talked about them.

The flawed thinking processes in our mind that blocks God out are our resentments fear, guilt and remorse associated with the harms done to other people. And as long as our mind is occupied with those thoughts then God's thoughts can't come in.

It's just that simple. Now I like to look at my head up here as a little bitty store, not much, a little bitty Quick Trip or Seven11, not a hell of a lot in it, never has been. Over here in this part of my store I've got some display cases and they are filled with resentments. Damn him, damn her, my God I'll show them, bladdy,blah blah. Those display cases are already full. God simply can not get in there because he is blocked out by the damaged and unsalable goods called resentments. Over here in this part of my store I got a little file cabinet and it's filled with fear: Oh my god, what's she going to do when she finds out about this one. Oh my God what's the banker going to say when that cheque hits there this time, he already told me he's going to file on me next time. Oh my God, is that my car sitting there out front, front end torn up, don't know how, oh my God, and on and on and on. God can't get in there. He's very effectively blocked out by those fears. Back here in the back of my store I got a little file ready and it's filled with guilt and remorse.

God dwells in each of us and we know the difference between right and wrong.

We do these things that hurt other people, we're scared to death that there going to do when they find out, and the guilt and remorse begin to eat us up. God can't get in that store room, he's already blocked out of there.

If I want God to direct my thinking then I'm going to have to do something about these resentments, fear, guilt and remorse. If I can remove them then God's thinking can enter into my mind and direct those portions of my mind where he was effectively blocked out.

Now my book is getting ready to show me just exactly how to look at these things truthfully. It's getting ready to show me how to remove them. Then the greatest thing it's going to show me is how to keep them from coming back in the future.

And if I do my part, then God can direct my thinking. But until I've done my part, God can't, it's just that simple.

Big Book p. 64, par. 3, line 17 "We did exactly the same thing with our lives. We took stock honestly."

J & C Truthfully, morally.

Big Book p. 64, par. 3, line 18 "First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations. Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper"

J & C So the first thing we're going to do is look at these resentments. Now I think we need to look at that words and make sure we understand what it means. The word resentment is made from two old old words. First are the letters RE.

When you see RE in front of another words it always means "to do again", like repaint, replay, redo. It always means to do again. The last part of this word, "SENTMENT" comes from an old word called "sentire", which means to feel.

Resentment means to re-feel.

Let's say we're going through life which we do on a daily basis, remembering always that everybody has got self-will. That's one of the problems; it's standard equipment. Everybody's got self-will. From time to time other people get sick in self; maybe their social instinct is out of kilter. Maybe their security instinct or their sex instinct is fouled up.

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And they do something to me that **threatens one of my basic instincts of life**. Maybe they put me down in the eyes of other people, and it threatens my self-esteem. Maybe they do something to threaten one of my personal relationships. Maybe they rip me off and steal my money from me. Maybe they do something to interfere with my sex life. Maybe they do something that threatens one of my ambitions for the future.

Now when they do that, that's a wrong on their part for doing so, that's not a resentment.

It doesn't become a resentment until I go over in the next room, or I go home that evening, and

I replay that thing in my mind, and I feel the pain the second time.

The first time they did it to me hurt me, but **when I go over it and replay it, and feel the pain the second time then I'm doing it to myself now**. They did it to me the first time, but I'm doing it to me the second time. And after a while **I'll replay it again and I'll feel the pain the third time**.

And what I've found in my life is that I'm not always completely honest with me.

Because it seems as though **when I replay this thing, each time I tend to change it just a little bit**.

I tend to make what they did to me just a little bit worse.

I tend to make what I did just a little bit less.

I tend to make the pain just a little bit deeper.

And if you let me play it over in my head enough times after a while I can say to myself I was just standing there doing nothing, and they came along and did it to me.

I love to watch football games, and in a football game you'll see a guy called a quarterback, and sometimes he'll throw a pass. And the guy that's supposed to receive it, many times it's thrown up high on purpose so the other guys can't catch it. And the guy that's going to receive it, so many times has to jump way up in the air to catch it. Now the members of the opposing team, they have learned that if you can hit this guy while he's still up in the air before he really gets good control of that ball, you can knock it loose from him. So they wait until he jumps up in the air, and when that ball touches his fingers they knock the hell out of him. Now he's completely defenseless now and they'll hit him and sometimes it'll just turn him upside-down. He'll fall on his head, his neck bends sideways, his legs spread apart, one arm bends completely behind his back, and it just hurts the hell out of him. You can see that he's hurt. Now the football game though, is like the game of life. It's going to go on, they're not going to stop it very long. One of two things will happen with his guy. They'll run out there and check him over and if he isn't hurt too bad they'll pump a little air in him and get him up and get him going again. If he's hurt too bad, they'll drag him off to the side, put somebody in his place, and the game starts again. The football game is going to continue, I don't care what's happened.

Now the announcer up in the booth though, he's got a resentment machine. Cause after a while he'll say let's look at that again. And this time it is in slow motion and living color. My God it looks twice as bad as it did the first time. You can see how back his neck really did bend, how far his legs spread apart and how badly that arm was bent and it looks twice as bad as it did the first time.

After a while the announcer will say, let's look at that again. The games been going on now for fifteen minutes, the announcers still bouncing this guy up and down, up and down, up and down off the ground.

Now we alcoholics have up here in our heads a little resentment replay machine

And we get up in the morning, and we tune it up in living color, we clean the lens on it cause we don't want to miss nothing, and we shine it on the world on day long, and we record everything they do to us that's bad, and we go home at night and sit down and play it over in our head, make ourselves sick and blame it on them.

Now once in a while we have a bad day. Once in a while they won't do anything to us. We got our machine cleaned up, the lens is clean, tuned up we shine it on the world, and nobody will do anything to us.

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We don't have anything bad to record. You know what we record those days? By God **we record what they're thinking**., that's what we do we go home at night and play it over in our head, make ourselves sick

Now there's a bad thing about a resentment, each time you play it over in your head, each time you throw it out there, after a while it turns around and comes back at you

When it comes back at you it comes back as self-resentment

and we begin to resent ourselves for being in a position to have those things happen to us. After a while

self resentment turns to self-pity

and that's the sickest, sickest that a human being can be up in their head, is too be filled with self-pity. And we alcoholics love self-pity.

We like to get up early in the morning, put self-pity on as a cloak of dignity, and as we go out the door we say here we come mean old world, just do it to mean. I know you're going to get me cause you always do. It is a sick, sick way to build our self-esteem. Cause after all if the whole world is picking on us we must really be somebody, and my God we love that self-pity. If you want an alcoholic mad, if you want to make them mad you try to feel sorry for one of us. We'll tell you in a hurry, don't you feel sorry for me, that's my damn job.

Is there any way God can enter a mind filled with that kind of crap? No way, our thinking is controlled and dominated by these resentments and all the things that go along with it.

God is absolutely, completely blocked out of our mind through these resentments.

At the very least, we're going to have to do something about them. Now the instructions on how to do them are here in the Big Book of Alcoholics Anonymous are just so simple that we never could see them before. We've given you a sheet in your handout material called "A Review of Resentments".

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And what I would ask you to do know, is to take those last 2 columns, try to fold them over to where you can't even see them, where all you're looking at is column 1, 2 and 3. The example on page 65 has already been filled out, and we didn't know the procedure Bill used to fill it out. That's where a lot of our confusion is. So what we've given to you in the first three columns is page 65 in a blank form. We want to emphasize we're not trying to bring another inventory to AA, we've already got enough of those. Page 65, the resentment sheet that you have, is 65 in a blank form.

Column 1	Column 2	Column 3
<i>I'm resentful at:</i>	<i>The Cause</i>	<i>Affects my:</i>

Now let's see if we can't find the instructions on how to fill it out.

Big Book p. 64, par. 4, line 28 *"In dealing with resentments, we set them on paper."*

J & C Okay, you got the paper now, we're going to start setting them down. You know we're always taught to read from left to right, and if you read from left to right in trying to figure out the inventory on page 65 you would start with Mr. Brown. You would write down the resentment, change your mind and go to the second column and write down the cause, change your mind again and go to what part of self was affected. You have to use those basic instincts of life, and write down what part of self was affected. Then you'd go back to the first column, mentally, and write down Mrs. Jones, and then you'd change your mind again and go to the second column. You get the idea, if you do that long enough, if you have a mind like mine it says, tilt, just too much information. And I say, what the hell, all they wanted was a life story anyhow. So I just disregarded this. But we didn't know how to fill out this column. It seems to us you fill this out one column at a time from top to bottom, leaving a little space in between the names in column one. You'll fill that in column two a little bit later. Our book says,

Big Book p. 64, par. 4, line 29 *"We listed people, institutions or principles with whom we were angry."*

J & C Period. From top to bottom in column one. We would simply write down all the people, principals and institutions with whom we were angry from top to bottom leaving a little space between each one of them all the way down.

People	That's self-explanatory
Institutions	Those things such as the Police Department, Internal Revenue Service, Federal Government, Church
Principals	old, old guiding "laws", natural laws that's interfered with our style of living

Ten Commandments, that's a set of principals. When I was out there drinking I didn't want to hear anything about the Ten Commandments. I'm breaking all of them but one, and maybe I broke it in a black out too, I don't know. Another old principal I always hated was, "What goes up must come down". I never cared for that one. Another one said, "What you give out is what you get back". Another one said, "There are no free rides you pay for whatever you get". And my Dad used to say, "When you lay down with dogs, you'll get fleas on you every time". Those old, old principals that interfered with our style of living. Now you don't need to be sober very long to do this. All we've got to do is take these things out of our head and put them down on paper. You don't have to have a high education to do this. If you can't write, you feed the names to somebody else and let them write them down. **And while our mind is on one thing, and one thing only, let's fill out the first column from top to bottom.** I've never seen an alcoholic yet that did not know just who and what by God we're mad at. We spend thousands of hours sitting around in bars talking about it. All we've got to do is take it out of our head and put it down on a piece of paper, and we would have completed the first instruction.

And hopefully the same thing will happen to you that happened to me when I did this. They came to me and they said, list your resentments, and I said, I don't have any. And they said, surely you have one or two, maybe you don't understand what a resentment is. And they explained to me that it was to **re-feel old pains and old hurts**. And I said yeah I got a couple of those. They said put them on paper, leave a little space in between each one. So I got a sheet of paper and leaving a space between like the book does, first thing I know I got about 8 names on that sheet of paper. I reached over and got another sheet of paper, and after a while I had eight more listed. I got another sheet of paper and the next thing you know I had eight more listed and I got

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another sheet of paper. I got up to about 152, and I said man, you're madder than hell at everything. I did not know that. **You can only see one resentment at a time in your head.**

I don't think any of us will ever see how many resentments we really do have, and how much they control and dominate our thinking until we get them down on a sheet on paper and see them in their entirety for the first time.

Now we made a decision (Step 3) to let God direct our thinking, and

**if we've got that many resentments then
resentments direct our thinking**

and God can't

And it's just by the listing of the names, we learn something very valuable about ourselves - just how resentful we really are. You just can't see this stuff in your head, it has to go on paper.

(Tape 5 - 00:36.18.5)

19 minutes