

I'd would like to welcome everyone to
the Beginners "Big Book" Step Meeting
Tonight we will take steps 4, 5, 6 and 7

My name is _____
and I'm a recovered alcoholic.

My sobriety date is _____
and for that I am truly grateful.

(Introduce 2nd reader _____)

Let's take a moment of silence and I will open
this meeting with the Set Aside Prayer.

I will ask God to helps us set aside everything
we think we know so we may have an open
mind and a new experience

“God, Please help us set aside everything we think we know about ourself, the 12 Steps, the Big Book, the meetings, our alcoholic illness, and you God, so we may have an open mind and a new experience with all these things. Please let us see the truth.” Amen

We take the Fourth Step
immediately after the Third Step

Our decision (step 3) was a vital and crucial step, but it could have little permanent effect unless at once followed by step 4

So we get down to causes and conditions

A cause is that will produces a result

A condition is a state of mind

Keep in mind that it is not necessary, for newcomers to talk about every resentment or selfish act, or each person he or she has ever lied to or harmed for the inventory to be thorough.

The objective is to get to “causes and conditions”.

Sometimes it takes only a few incidents to make clear which short-comings have kept the newcomer blocked from an intimate, two-way relationship with the “One who has all power.”

Let's go to page 60 paragraph 3

**page 60 paragraph 3**

Being convinced, we were at step three, which is that we decided to turn our will and our life over to God as we understood Him. Just what do we mean by that, and just what do we do?

The first requirement is that we be convinced that any life run on self-will can hardly be a success. On that basis we are almost always in collision with something or somebody, even though our motives are good. Most people try to live by self-propulsion.

Each person is like an actor who wants to run the whole show; is forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way.

If his arrangements would only stay put, if only people would do as he wished, the show would be great. Everybody, including himself, would be pleased. Life would be wonderful. In trying to make these arrangements our actor may sometimes be quite virtuous.

He may be kind, considerate, patient, generous; even modest and self-sacrificing. On the other hand, he may be mean, egotistical, selfish and dishonest. But, as with most humans, he is more likely to have varied traits.

What usually happens? The show doesn't come off very well. He begins to think life doesn't treat him right. He decides to exert himself more. He becomes, on the next occasion, still more demanding or gracious, as the case may be. Still the play does not suit him. Admitting he may be somewhat at fault, he is sure that other people are more to blame.

He becomes angry, indignant, self-pitying. What is his basic trouble? Is he not really a self-seeker even when trying to be kind? Is he not a victim of the delusion that he can wrest satisfaction and happiness out of this world if he only manages well?



Lets go to page 62 paragraph 1



page 62 paragraph 1

Selfishness--self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate.

Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.

So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness.

We must, or it kill us! God makes that possible. And there often seems no way of entirely getting rid of self without His aid.

Many of us had moral and philosophical convictions galore, but we could not live up to them even though we would have liked to. Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God's help.

This is the how and the why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our Director.

He is the Principal; we are His agents. He is the Father, and we are His children. Most Good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.



Let's go to page 59 and read step 4



page 59

Step 4

Made a searching and fearless moral
inventory of ourselves



Let's go to page 63, 4th paragraph



page 63, 4th paragraph

“Next we launched out on a course of vigorous action, the first step of which is a personal housecleaning, which many of us had never attempted.

Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to rid of, the things in ourselves which had been blocking us.

Our liquor was but a symptom.

So we had to get down to causes and conditions.”



Let's go to page 64, 1st paragraph



page 64, 1st paragraph

“Therefore, we started upon a personal inventory.

This was Step Four. A business which takes no regular inventory usually goes broke.

Taking a commercial inventory is a fact-finding and fact-facing process. It is an effort to discover the truth about the stock-in-trade.

One object is to disclose damaged or unsalable goods, to get rid of them promptly and without regret.

If an owner of the business is to be successful, he cannot fool himself about values.”



Let's go to page 64, 2nd paragraph



page 64, 2nd paragraph

“We did exactly the same thing with our lives.

We took stock honestly.

First, we searched out the flaws in our makeup which caused our failure.

Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations.”



Let's go to page 64, 3rd paragraph



page 64, 3rd paragraph

“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. We listed people, institutions, or principles with whom we were angry.

We asked ourselves why we were angry.

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”



“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.

Would you agree?

Big Book directions for RESENTMENT

In dealing with resentments, we set them on paper. We listed people, institutions, or principles with whom we were angry.

We asked ourselves why we were angry.

WE OUR ANGRY BECAUSE WE OUR SELFISH!

RESENTMENT: When we are angry or bitter toward someone for an extended period of time over some real or imagined insult, we are feeling resentment. It is a hostile or indignant attitude in response to an alleged affront or personal injury.

When you think of any people, institutions, or principles, does any **NEGATIVE** memories or emotions come to mind?

ASK YOURSELF WHO ANNOYS YOU?

If it does, write it down!
These are blocks to God.

Every time we are reminded of an old hurt, the old pain returns and we re-feel the anger again and again

In that state of mind (CONDITION), the wrong-doing of others, fancied or real, had the power to actually kill. Power to kill your peace, joy, serenity, happiness, your life

In the past we had to drink to numb this pain, but now we are going to take action to remove this pain

We talk about our resentments with our sponsor or sharing partner. Healing starts with *sharing* the hurt

Let's go to page 65

In the 1st column:

We listed people, institutions, or principles
with whom we were angry

In the 2nd column:

We asked ourselves why we were angry

In the 3rd column:

This affects, threatens, hurts or interferes with
my Self-esteem, Security, Pocket book,
Ambitions, Relationships, Sex relations

Questions on page 67 for column 4:

What are my mistakes?

Where had you been Dishonest, Self-seeking,
Selfish and Frightened?

Let's go to page 66, 1st paragraph



page 66, 1st paragraph

It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while.

But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave.

We found that it is fatal. For when harboring such feeling we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die. If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics these things are poison.



Let's go to page 66, 3rd paragraph



page 66, 3rd paragraph

We turned back to the list, for it held the key to the future. We were prepared to look for it from an entirely different angle.

We began to see that the world and its people really dominated us. In that state, the wrongdoing of others, fancied or real, had power to actually kill.

How could we escape? We saw that these resentments must be mastered, but how?

We could not wish them away any more than alcohol.



Let's go to page 66, 4th paragraph



page 66, 4th paragraph

This was our course: We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too.

We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend.

When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done." We avoid retaliation or argument. We wouldn't treat sick people that way. If we do, we destroy our chance of being helpful.

We cannot be helpful to all people, but at least God will show us how to take a kindly and tolerant view of each and every one.



Let's go to page 67, 2nd paragraph



page 67, 2nd paragraph

Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes.

Where had we been selfish, dishonest, self-seeking and frightened?

Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame?

The inventory was ours, not the other man's. When we saw our faults we listed them. We placed them before us in black and white.

We admitted our wrongs honestly and were willing to set these matters straight.



The Big Book Authors ask,

“Where had we been selfish, dishonest, self seeking and frightened?”

We use this test to examine our thinking and our actions.

So, in Step Four, we use the liabilities of Selfishness, Dishonesty, Self-seeking, and Frightened as a means to identify where we've been acting in self-will

**ARE THERE ANY QUESTIONS
OR COMMENTS?**

Let's move on to the FEAR INVENTORY

Let's go to page 67, 3rd paragraph



page 67, 3rd paragraph

“Notice the word “fear” (now go down 2 lines)

This short word somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it.

It set in motion trains of circumstances which brought us misfortune we felt we didn't deserve.

But did not we, ourselves, set the ball rolling?

Sometimes we think fear ought to be classed with stealing. It seems to cause more trouble.”



Let's go to page 68, 1st paragraph



page 68, 1st paragraph

“We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them.

We asked ourselves why we had them. Wasn't it because self-reliance failed us?

Self-reliance was good as far as it went, but it didn't go far enough.

Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other.

When it made us cocky, it was worse.”



Let's go to page 68, 2nd paragraph



page 68, 2nd paragraph

“Perhaps there is a better way – we think so.

For we are now on a different basis; the basis of trusting and relying upon God.

We trust infinite God rather than our finite selves. We are in the world to play the role He assigns.

Just to the extent that we do as we think He would have us, and humbly rely on Him, does

He enable us to match calamity with serenity.”



Let's go to page 68, 3rd paragraph



page 68, 3rd paragraph

“We never apologize to anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness.

Paradoxically, it is the way of strength. The verdict of the ages is that faith means courage. All men of faith have courage.

They trust their God. We never apologize for God. Instead we let Him demonstrate through us, what He can do.

We ask Him to remove our fear and direct our attention to what He would have us be.

At once, we commence to out grow fear.”



Ask your self these questions in your
FEAR inventory

What am I afraid of LOSING?

What am I afraid of no GETTING?

We asked ourselves WHY we had these
FEARS

Wasn't it because self reliance FAILED us?

**ARE THERE ANY QUESTIONS
OR COMMENTS?**

HERE WE ARE GIVEN DIRECTIONS FOR
OUR LIVES:

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

Ask your self these questions in your
SEX CONDUCT inventory

Where had we been SELFISH in our conduct?

Where had we been DISHONEST in our
conduct?

Where had been INCONSIDERATE in our
conduct?

Whom had we HURT in our conduct?

Did we UNJUSTIFIABLY arouse JEALOUSY.
SUSPICION or BITTERNESS?

Where were WE at FAULT?

What should WE have done instead?

Let's go to page 70, 4th paragraph



page 70, 4th paragraph

“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.”



Hang on to your 4th step list, you will need it in step 8!

Please work with your sharing partner to take your 4th and 5th step THIS WEEK

**ARE THERE ANY QUESTIONS
OR COMMENTS?**

Let's read step 5 on page 59



page 59

Step 5

Admitted to God, to ourselves and to another human being the exact nature of our wrong



Let's go to page 72, 2nd paragraph



page 72, 2nd paragraph

“This is perhaps difficult especially discussing our defects with another person.

We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient.

Many of us thought it necessary to go much further. We will be more reconciled to discussing ourselves with another person when we see good reason why we should do so.

The best reason first: If we skip this vital step, we may never overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives.

Trying to avoid this humbling experience, they have turned to easier methods.

Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell.

We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock.

They only thought they lost their egotism and fear: they only thought they had humbled themselves.

But they had not learned enough of **humility, fearlessness and honesty**, in the sense we find it necessary, until they told someone else their entire life story.”



until they told someone else their entire life story....

In step 4 we are taking inventory of our *entire life story*, we inventory resentments, fears, sex conduct, selfishness and dishonesty from birth!

You Admitted to God, to yourselves and to another human being the exact nature of our wrongs

What are the EXACT NATURE of your wrongs?

For example, if I stole 20 times, the exact nature of the wrongs would be
DISHONESTY AND SELFISHNESS

Let's go to page 75, 2nd paragraph

These are the 5th step promises



page 72, 2nd paragraph

Once we have taken this step, withholding nothing, we are delighted.

We can look the world in the eye. We can be alone at perfect peace and ease.

Our fears fall from us. We begin to feel the nearness of our Creator.

We may have had certain spiritual beliefs, but now we begin to have a spiritual experience.

The feeling that the drink problem has disappeared will often come strongly.

We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.



After the the 5th step, we return home and we find a place where we can be quiet for an hour

let's read further directions on page 75,
paragraph 3



On page 75, paragraph 3

Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done.

We thank God from the bottom of our heart that we know Him better. Taking this book down from our shelf we turn to the page which contains the twelve steps.

Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last.

Is our work solid so far?

Are the stones properly in place?

Have we skimped on the cement put into the foundation?

Have we tried to make mortar without sand?

If we can answer to our satisfaction, we then look at *Step Six*.

We have emphasized willingness as being indispensable.

Are we now ready to let God remove from us all the things which we have admitted are objectionable?

Can He now take them all - every one?

If we still cling to something we will not let go, we ask God to help us be willing.



Treat each question mark as a stop sign, stop and ask yourself each question

ARE THERE ANY QUESTIONS OR COMMENTS?

Let's go to the top of page 76



top of page 76

“If we can answer to our satisfaction, we then look at Step Six. We have emphasized willingness as being indispensable.

Are we now ready to let God remove from us all the things which we have admitted are objectionable?

Can He now take them all – every one?

If we still cling to something we will not let go, we ask God to help us be willing.”



If you still are holding on to some of these defects, short comings or wrongs, pray for the willingness to let go of them

We realize the Big Book Authors want you to take your 6th Step on the same day you share your 4th Step with your sponsor or sharing partner

**If you have done this, you are ready
to proceed to the Sixth Step**

Let's read step 6 on page 59



page 59

Step 6

We're entirely ready to have God remove all these defects of character



We have emphasized willingness as being indispensable.

Are we now ready to let God remove from us all the things which we have admitted are objectionable?

Can He now take them all – every one?

In step 6, the Big Book Authors have emphasized willingness as being indispensable

This is the Sixth Step question

“Are you now ready to let God remove from you all the things that you have admitted are objectionable?”

Thank you, according to the Big Book authors, those who have answered “yes” to this question have taken Step 6

**ARE THERE ANY QUESTIONS
OR COMMENTS?**

Let's read step 7 on page 59



page 59

Step 7

Humbly asked Him to remove our shortcomings.



For the 7th step we have a prayer in the Bigbook

Let's go to page 76 paragraph 2



Page 76, paragraph 2

“When ready, we say something like this: “My Creator, I am now willing that you should have all of me, good and bad.

I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows.

Grant me strength, as I go out from here, to do your bidding. Amen.” We have then completed Step Seven.



In the 7th step prayer, where it says “remove from me every single defect of character”

This is where you Humbly asked God to remove YOUR defects of character

For example:

“My Creator, I am now willing that you should have all of me, good and bad.

I pray that you now remove from me every single defect of dishonesty, fear, selfishness and resentment which stands in the way of my usefulness to you and my fellows.

Grant me strength, as I go out from here, to do your bidding. Amen.”

After you humbly asked God to remove YOUR defects of character you have taken the 7th Step !

Finish your 4th step and take you 5th step this week, and share it with God, your sponser or sharing partner and yourself!

Follow the directions in the Big Book and take your 6th and 7th step the same day!

In other words, Steps 4, 5, 6 and 7 are taken together as one event

ARE THERE ANY QUESTIONS OR COMMENTS?

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

This concludes our presentation
of the Steps 4, 5, 6 and 7

Next week we will take steps 8, 9, and 10

Any men or women who want to take the 12
steps please connect with a sharing partner.

A sharing partner can work with you on a 1 to
1 basis so you can take all 12 steps!

Who want's a sharing partner?

Remember, this Group takes all 12 steps
every month at the group level. Starting with
steps 1, 2 and 3 on the first Sunday of EVERY
month.

**ARE THERE ANY QUESTIONS
OR COMMENTS?**

Will the sharing partners who want work with others please stand and INTRODUCE YOURSELF and remain STANDING

Any men or women who want to take the 12 steps please see the sharing partners after the MEETING CLOSES WITH THE LORD'S PRAYER.

In honor of our AA pioneers, and in the old tradition, we will simply stand WITHOUT HOLDING HANDS, and close this meeting with the Lord's Prayer