

Illustrated Steps

Step Four

Workshop

With Chris and David

Confused about inventory?


See how it's done from the Big Book.

2:00pm Sunday 5th April

Online – Zoom ID 415 776 321

<https://zoom.us/j/415776321>

Resentments

I'M RESENTFUL AT	THE CAUSE	AFFECTS MY	MY PART
Mr. Brown	His attention to my wife. Told my wife of my mistress. Brown may get my job at the office.	Sex relations. Self-esteem (fear). Sex relations. Self-esteem (fear). Security. Self-esteem (fear).	
Mrs. Jones	She's a nut - she snubbed me. She committed her husband for drinking. He's my friend. She's a gossip.	Personal relationship. Self-esteem (fear).	
My Employer	Unreasonable - Unjust - Overbearing - Threatens to fire me for drinking and padding my expense account.	Self-esteem (fear). Security.	
My Wife	Misunderstands and nags. Likes Brown. Wants house put in her name.	Pride - Personal sex relations - Security (fear).	