

BBSS FOURTH STEP GUIDELINES

Resentment Turn Arounds

Always begin your writing by saying the Third Step Prayer

In this portion of our inventory we revisit every cause of our resentments against people, principles and institutions on our list and ask 4 questions for each resentment. We are looking for what is our part in each of these resentments.

Take each resentment and ask the following 4 questions. Strive to have answers be concise at around 10 – 15 words or less. Please do not use abbreviations

Where was I:

SELFISH:

What did I selfishly want or not want and why?

DISHONEST:

Try out these guideline questions. There is no need to write them all as it's just a guide. If you just find one and it gets to the point, that's fine. If several apply then that's okay too. You may find others. It is your inventory.

What is the lie I tell myself or others?

Wanting others to validate me — others can't do that for me.

What did I deny or omit?

Do I have unreasonable expectations of others or myself?

Did I see the situation as it really is?

What is my motive?

Was I hypocritical — being critical over something I did, do, or want to do?

Did I lie, steal or cheat?

Did I make it “about me” — taking things personally.

Did I not know the whole story? (Not seeing the situation as it is or could be.)

Was I “Playing God”? Thinking I know how everything should be and everybody should behave.

Do I expect the world to only bring positive things my way?

SELF SEEKING: (Behavior or thinking)

What did I do to get what I wanted? Manipulation

What did I do or say to control the situation? Manipulation

What did I do or say to make myself look good or right? Ego repair mechanism

Did I plot, plan revenge, punish, gossip, give the silent treatment, cutting remarks, disgusted facial expressions like eye roll, withholding? Getting even

Did I blame and gossip? Making myself look good and others bad

Did I self protect or play victim or martyr by sulking, withdrawing? Solicited pity

Was I dismissive or curt, make nasty remarks? Getting even, revenge

Or if I did most of this mentally: Fantasizing retaliations and ill will. Isolating. Silent scorn

NOTE: You can use just the words like manipulation, gossip, revenge, ill will, silent scorn, etc. No need to write a sentence. Again, you may have one or two self-seeking behaviors/thinking or several.

AFRAID

Below are some common examples to get you thinking. You may have one or two for each resentment or you may have more. You will likely have others not on the list. Some will overlap. Many will reappear from resentment to resentment. You can just write the words beginning with Fear of:

Fear of:

Being stupid

Being successful or accountable

Being alone, not having friends

Others opinions

Being abandoned

Being less than

Being manipulated

Not Measuring up
Being ordinary
Having no control
Not getting what I want when I wanted
Not having my needs met
Poverty
Starvation
Being unlovable, unattractive
Being disrespected
Being invisible
Expressing my true feelings
Old age, death
Having no talents
Never having a spouse or someone to love
Small spaces, being confined
Going to jail
Being found out
Not knowing
Asking questions
Authority
Conflict
Lightning
Humiliation
Punishment

Our part may be small or large. It may even be that we had no part at the time as perhaps in the case of being victimized while a child by an adult, or in the case of accidental harm by others. We may have a part later on in how we cope with this in our lives or didn't.

As it is a new way of looking at things, it may seem awkward at first and some turn arounds may seem a bit hard to get at, but it does become easier with practice. Our sponsors will help us and BBSS meetings will help us gain insights and provide encouragement.

Our Higher Power assists us as always. We will be shown the nature of our thinking and we will begin to grow towards freedom from resentments and a new way of life.

