




The Sunday Steps Studio Step Four

27th December 2020
2:00pm AEDT

A visual workshop presented live online by experienced Melbourne AA members Chris and David.

This workshop carefully follows the detailed instructions for taking inventory in the Big Book of Alcoholics Anonymous.

For newcomers the workshop provides a clear example before they launch into the step themselves. And for older members, it's a refresher on how to keep the inventory process simple when carrying the message on to others.

Resentments			
I'M RESENTFUL AT	THE CAUSE	AFFECTS MY	MY MISTAKES & FAULTS
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).	

Join via Zoom ID 415 776 321

Join Zoom Meeting