

“The How and the Why of It.”

This Twelve Step study combines the “how-to” work the Steps from Alcoholics Anonymous with “why-to” work the Steps from AA’s Twelve Steps and Twelve Traditions.

Steps Four, Five and Six:

“... to discover the obstacles in our path.” (p. 72)

“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 be rid of, the things in ourselves which had been blocking us.” (p. 64)

“First, we searched out the flaws in our make-up which caused our failure.” “

Step Four. “Made a searching and fearless moral inventory of ourselves.” (p. 59)

“How to” do a Resentment Inventory:

“Resentment is the “number one” offender. It destroys more alcoholics than anything else ... In dealing with resentments, we set them on paper.” (p. 64)

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

“We asked ourselves why we were angry.” “

“... it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened.” (pp. 64-65)

“On our grudge list we set opposite each name our injuries ... our self-esteem, our security, our ambitions, our personal, or sex relations ... interfered with?” (p. 65)

“We went back through our lives ... thoroughness and honesty.” “

“When we were finished we considered it carefully ...” “

(Read p. 66)

“We turned back to the list ... people really dominated us.” (p. 66)

Note: Prayer, asking God for help, is a vital part of the Step Four Resentment Inventory.

“We asked God to help us show them ... tolerance, pity, and patience ...” (p. 67)

“... God save me from being angry ... God will show us ... tolerant view ...” “

“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?” “

“... tried to disregard the other person involved entirely. Where were we to blame?” “

“When we saw our faults we listed them ... we admitted our wrongs honestly ...” “

“Why to” do a Resentment Inventory”: (Page numbers in AA 12x12)

“Creation gave us instincts for a purpose.” (p. 42)

“Yet these instincts ... often far exceed their proper functions.” “

“Our desires for sex, for material and emotional security, and for an important place in society often tyrannize us.” “

“... instinct run wild ... underlying cause of their destructive drinking.” (p. 44)

“... something had to be done about our vengeful resentments ...” (p. 47)

“Where other people were concerned, we had to drop the word “blame” ...” “

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“How to” do a Fear Inventory:

“We reviewed our fears thoroughly. We put them on paper ...” (p. 68)
“We asked ourselves why we had them.” “
“Wasn’t it because self-reliance failed us?” “
“... we are now on a different basis, the basis of trusting and relying upon God.” “

Note: Prayer, asking God for help, is a vital part of the Step Four Fear Inventory. .

“... we do as we think [God] would have us ... humbly rely on [God] ...” “
“We ask [God] to remove our fear and direct [us] to what [God] would have us be.” “

“Why to” do a Fear Inventory: (Page numbers in AA 12x12)

“... fear ... generates more character defects. Unreasonable fear that our instincts will not be satisfied drives us to covet ... to lust for sex and power ... become angry ... be envious ... grab for more ... fearing we shall never have enough.” (p. 49)
“... Fear says, ‘You dare not look!’ “ “
“... fear of this sort turn out to be bogeymen, nothing else.” “
“... the sense of relief at finally facing ourselves is indescribable.” “

“How to” do a Sexual Conduct (Inconsideration) Inventory:

“We reviewed our own conduct over the years past.” (p. 69)
“Where had we been selfish, dishonest, or inconsiderate?” “
“Whom had we hurt ... arouse jealousy, suspicion or bitterness?” “
“Where were we at fault, what should we have done instead?” “
“We got this all down on paper and looked at it.” “
“We subjected each relation to this test—was it selfish or not?” “

Note: Prayer, asking God for help, is a vital part of the Step Four Sexual Conduct Inventory. .

“We asked God to mold our ideals and help us to live up to them.” “
“In meditation, we asked God what we should do about each specific matter ...” “
“We earnestly pray for the right ideal ... guidance... sanity ...strength ...” (p. 70)

“Why to” do a Sexual Conduct (Inconsideration) Inventory: (Page numbers in AA 12x12)

“... places sex desire ahead of everything ... destroy chances for ... security ...” (p. 43)
“... tramples upon people who happen to be in the way ... if sex runs riot ...” (p. 44)
“Demands made upon other people for too much ... love can only invite domination or revulsion ...” “
“We have drunk to escape the guilt of passions, and then have drunk again to make more passions possible.” “
“When the satisfaction of our instincts for sex, security, and society becomes the sole object of our lives, then pride steps in to justify our excesses.” (p. 49)

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Step Five: “Admitted to God, to ourselves and to another human being the exact nature of our wrongs.” (p. 59)

“How to” do Step Five:

- “... discussing our defects with another person.” (p. 72)
 - “We must be entirely honest with somebody ...” (p. 73)
 - “... we talk to the right person ... keep a confidence ... understand ...” (p. 74)
 - “We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past.” (p. 75)
- (See Step Five Promises, p. 75)

“Why to” do Step Five: (Page numbers in AA 12x12)

- “... stay sober ... get rid of ... isolation ... sense of belonging ...” (pp. 56-57)
- “... beginning of true kinship with man and God.” (p. 57)
- “... the feeling that we could be forgiven ...” (p. 58)

Step Six: “Were entirely ready to have God remove all these defects of character.” (p. 59)

“How to” do Step Six:

- “Returning home we find a place where we can be quiet for an hour, carefully reviewing what we have done.” (p. 75)
- “We thank God from the bottom of our heart that we know Him better.” “
- “Taking this book ... carefully reading the first five proposals (see p. 59):
 - we ask if we have omitted anything: *Have I lied?*
 - is our work solid so far: *Have I been honest?*
 - are the stones properly in place: *Have I admitted my motives?*
 - have we skimmed on the cement ...: *Have I told a partial truth?*
 - have we tried to make mortar without sand:” *Have I omitted prayer?* (p. 75)
- “If we can answer to our satisfaction ... willingness as being indispensable.” (p. 76)
- “Are we now ready to let God remove from us ... things ... 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.” “

“Why to” do Step Six: (Page numbers in AA 12x12)

- “... to have God remove the mania for alcohol from their lives.” (p. 64)
- “... beginning on this lifetime job ... ‘have God remove’ ... desires ... which oppose the will of God.” (pp. 65-66)

Next Time, Steps Seven, Eight and Nine: “Grant me strength, as I go out from here, to do your bidding.”