

Big Book Sponsorship Guide

**RESENTMENTS:** We were usually as definite as this example: (p. 65, A.A. 4th Edition)

Column 1	Column 2	Column 3	Column 4 (Blocks)	Column 5 (Power)
<b>People, Institutions &amp; Principles</b>  Towards whom am I angry?	<b>The Cause</b>  Why am I angry?	<b>This affects, threatens, hurts or interferes with my...</b> self-esteem, security, ambitions pocket book, relationships (including sex)	<b>Where am I at fault? Where am I to blame? What are my mistakes?</b> <i>Identify character defects, liabilities, shortcomings, blocks i.e. false pride, jealousy, lust, dishonesty, envy, greed, fear, sloth, hate, selfishness, impatience, etc.</i>	<b>What should I have done instead?</b> <i>Identify assets to strive for i.e. humility, trust, intimacy, honesty, contentment, generosity, love, zeal, forgiveness, unselfishness, patience, etc.</i>
Mr. Brown (Resentment)	His attention to my wife. Told my wife of my mistress. Brown may get my job at the office.	Sex relations Self-esteem <i>Ambitions?</i> <i>Pocket book?</i> <i>Security?</i>	<i>Anger</i> <i>Dishonesty &amp; Infidelity</i> <i>False Pride</i> <i>Selfishness</i> <i>Self-Seeking</i> <i>Lust</i> <i>Jealousy &amp; Suspicion</i> <i>Fear of...</i>	<i>Love &amp; Forgiveness</i> <i>Honesty &amp; Faithfulness</i> <i>Humility</i> <i>Unselfishness</i> <i>Helpfulness to Others</i> <i>Intimacy</i> <i>Trust</i> <i>Faith in God</i>
Mrs. Jones (Resentment)	She's a nut -- she snubbed me. She committed her husband for drinking. He's my friend. She's a gossip.	Personal relationships Self-esteem	<i>Anger</i> <i>False Pride</i> <i>Jealousy &amp; Suspicion</i> <i>Intolerance</i> <i>Selfishness</i> <i>Fear of...</i>	<i>Love &amp; Forgiveness</i> <i>Humility</i> <i>Trust</i> <i>Tolerance</i> <i>Unselfishness</i> <i>Faith in God</i>
My employer (Resentment)	Unreasonable -- Unjust -- Overbearing -- Threatens to fire me for my drinking and padding my expense account.	Self-esteem Security <i>Pocket book</i> <i>Ambitions</i>	<i>Anger</i> <i>False Pride</i> <i>Dishonesty &amp; Stealing</i> <i>Greed</i> <i>Laziness &amp; Sloth</i> <i>Selfishness</i> <i>Self-seeking</i> <i>Fear of...</i>	<i>Love &amp; Forgiveness</i> <i>Humility</i> <i>Honesty &amp; Restitution</i> <i>Generosity</i> <i>Action, Zeal</i> <i>Unselfishness</i> <i>Be Helpful</i> <i>Faith in God</i>
My wife (Resentment)	Misunderstands and nags. Likes Brown. Wants house put in her name.	Personal relationships Sex relations Security	<i>Anger</i> <i>False Pride</i> <i>Jealousy &amp; Suspicion</i> <i>Dishonesty</i> <i>Infidelity</i> <i>Fear of...</i>	<i>Love &amp; Forgiveness</i> <i>Humility</i> <i>Trust</i> <i>Honesty</i> <i>Faithfulness to wife</i> <i>Faith in God</i>

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**FEARS:** We were usually as definite as this example:

Column 1	Column 2	Column 3	Column 4 (Blocks)	Column 5 (Power)
<b>People, Institutions &amp; Principles</b>  Who or What am I afraid of?  What am I afraid of losing or not getting?	<b>The Cause</b>  Why am I fearful?	<b>This affects, threatens, hurts or interferes with my...</b> self-esteem, security, ambitions pocket book, relationships (including sex)	<b>Where am I at fault? Where am I to blame? What are my mistakes?</b> <i>Identify character defects, liabilities, shortcomings, blocks i.e. false pride, jealousy, lust, dishonesty, envy, greed, fear, sloth, hate, selfishness, impatience, etc.</i>	<b>What should I have done instead?</b> <i>Identify assets to strive for i.e. humility, trust, intimacy, honesty, contentment, generosity, love, zeal, forgiveness, unselfishness, patience, etc.</i>
<i>Fear of no control</i>	<i>Other people make mistakes and are incompetent - if I want anything done right I must do it myself!</i>	<i>Self-esteem Security Ambitions Pocket book Personal relationships</i>	<i>Arrogance Intolerance Inconsideration Bullying &amp; Abusive Selfishness Self Seeking Jealousy, Suspicion</i>	<i>Humility Tolerance, Acceptance Be considerate Be kind and courteous Unselfishness Be helpful to others Trust &amp; Faith in God</i>

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**HARMFUL CONDUCT (Including SEX):** We were usually as definite as this example:

Column 1	Column 2	Column 3	Column 4 (Blocks)	Column 5 (Power)
<b>People, Institutions &amp; Principles</b>  Whom have I hurt?	<b>How did I harm them? What did I unjustifiably arouse:</b>  Jealousy? Suspicion? Bitterness?	<b>What did I affect, threaten, hurt or interfere with?</b> Self-esteem, security, ambitions pocket book, relationships (including sex)?	<b>Where am I at fault? Where am I to blame? What are my mistakes?</b> <i>Identify character defects, liabilities, shortcomings, blocks i.e. false pride, jealousy, lust, dishonesty, envy, greed, fear, sloth, hate, selfishness, impatience, etc.</i>	<b>What should I have done instead?</b> <i>Identify assets to strive for i.e. humility, trust, intimacy, honesty, contentment, generosity, love, zeal, forgiveness, unselfishness, patience, etc.</i>
<i>Spouse (Sex Conduct)</i>	<i>Had an affair, I aroused jealousy, resentment, distrust. She felt inadequate.</i>	<i>Self-esteem Sex relationships</i>	<i>False Pride Lust Infidelity Dishonesty Selfishness Self Seeking Inconsideration Fear of...</i>	<i>Humility Intimacy Faithfulness Honesty Unselfishness Be Helpful to Others Consideration Faith in God</i>
<i>My employer</i>	Stole products from the store. Slandered his name.	<i>Pocket book Self-esteem Relationships</i>	<i>Dishonesty, Stealing Selfishness Self-seeking Slander Resentment, Anger Greed Fear of not having enough</i>	<i>Honesty, Restitution Unselfishness Be helpful to others Speak well of others Forgiveness Generosity Faith in God</i>