EDA Big Book Step Workshop
Week 06 of 16
October 11, 2018
EDA Step Workshop Week 6

Introductions

- Founders/sponsors in the room
- Sponsors on the phone
EDA Step Workshop Week 6
Preparation for Step Four

Agenda

- Different ways to work Step Four
- Honesty, honoring our own truth, and using our new foundation to develop solutions
- Selections from 132-137. Key Points:
  - To establish a list of flaws in our thinking — areas where we have been caught short in the past — so we can address these squarely and effectively.
  - To define a new plan of action for how we would like to respond to each familiar provocation in the future. We are planning exactly how we will “Act, Not React.”
- Introducing the eight topics: resentment, fear, self-pity, shame, guilt/harms done, confusion, frustration, despair (pages 138-140)
- Explain the brainstorming process and describe how to complete the inventory (pages 141-148: resentment example), focusing on the importance of the resolutions: what we are willing to do TODAY and what we hope we might be able to do in the future
Preparation for Step Four

General Instructions for Step Four
EDA Big Book Pp. 139-140

For each topic:

Brainstorming – separate list!

Five Columns

1. **Source:** Who or what caused the emotion
2. **Reason/Cause:** Why we felt the emotion
3. **At Risk/Affects My:** Which part of us was threatened or put at risk
4. **My Error/My Part:** The error in thinking that led us to be sensitive or vulnerable in ways that prevented us from growing stronger
5. **Resolution:** What we are willing to do about it, both now and the next time we feel this way
Preparation for Step Four

- Resentment Example
  EDA Big Book p. 141

Brainstorming
  - People
  - Institutions
  - Principles

Review worksheet page 6
Preparation for Step Four

Resentment Example
EDA Big Book p. 142
Completing the columns

Source and Reason/Cause:
- Enter one Source
- List each Reason on a separate row.
- Make the reasons specific!

Review worksheet page 7
Resentment Example
EDA Big Book Pp. 142-144
Completing the columns

At Risk/Affects my: (list ‘em as you see ‘em!)
- Self-esteem
- Pride
- Ambition
- Finances
- Security
- Sexual or intimacy needs
- Family, social, or work relationships
- Consider other emotions – shame, self-pity, despair

Review worksheet page 7
Preparation for Step Four

Resentment Example
EDA Big Book p. 145
Completing the columns

Before considering our part in any resentment:
- See each situation objectively
- Take a kind and tolerant view of the other person involved
- Think of them as if they were close friend, and say the Resentment Prayer p. 145:
  “This is a sick person. How can I be helpful?
  God, save me from being angry. Thy will be done”

Review worksheet page 8
Preparation for Step Four

Resentment Example
EDA Big Book Pp. 146-147
Completing the columns

My Error/My Part p. 145:
- **Self-seeking** – trying to elicit things (comfort, validation, reassurance) from others that we could and should get through reliance on God/Higher Power/higher purpose
- **Selfishness** – thinking of our own needs while minimizing others’
- **Dishonesty** – lying, dishonesty through omission, dishonesty with ourselves, cheating, infidelity, untrustworthiness, unreasonable expectations of self and others, arrogant and ungrateful attitudes, and blaming others for what ails us
- **Fear** – threat of loss of what we already have or hope to have often leads us to react with selfish protectiveness rather than empathy, compassion, and courage

*Review worksheet pages 8-9*
**Preparation for Step Four**

- **Resentment Example**
  EDA Big Book Pp. 148, 226-227
  Completing the columns

- **Resolution:**
  As noted on page 69 in the AA Big Book, *Alcoholics Anonymous* and pages 226-227 of the EDA Big Book:
  - We asked God to mold our ideals and help us to live up to them.
  - Whatever our ideal turns out to be, we must be willing to grow toward it.
  - In meditation, we ask God what we should do about each specific matter.
  - The right answer will come, if we want it.

In each situation we ask ourselves, *What helpful attitude we can now adopt or hope for? What “kindly and tolerant view” of other people or our situations might now help us take appropriate action—instead of an inappropriate reaction—the next time we experience a similar feeling?*

**Review worksheet pages 8-9**
Step 4

Panel/Q&A

- Why do some people work Step 10 before Step 4?
- How do you work Step 4?
- What are the most important things to remember when working Step 4?
- How long does it take to work Step 4?
- How often do you work Step 4?
Assignments for October 18, 2018

- Read *Workshop Worksheets* pages 6-9.
- Brainstorm on resentment, page 6.
- Asterisk the top 10 and do the resentment inventory on these: *Workshop Worksheets* pages 10-11.
Thank you all for being here!