

Realization and Col 4 Assignment

- No Realization for Abuse (unless you have repeated the abuse to others)
- No realizations for Principle or Institutions

I pray the set aside prayer- help me see the truth

REALIZATION

I admit my faults

I see my flaws in others

If I haven't done the exact offense look around the scene...

If I haven't stolen money...

Have I stolen time, peace of mind?

Have I overpowered or overstepped?

Now,

I sit with this for a moment...

PRAY

the prayer under realization

(cross the River into a new land)

Can I picture the person in Col 1 as sick (like me)?

Wrapped in hospital gown ?

Bandage on the head?

I wait, for a softening of my spirit

I wait, for a turning of my heart

I ask to See them

like God sees them

I wait until the softening comes to me

Then, when I can feel a slight turning of my heart

I MOVE

Then (only then) I move on to the 4th Column

What role did I really play ?

We disregard the other person

In Col 1 *entirely*

We don't need them to get free, so we disregard them

This is my inventory, not theirs

We do not mention

the person in Col 1
in the 4th Col. Ever.

LOOK

Looking around the Resentment
look at the things I do
to hold onto
the story or the resentment

Did I have a parent
who abandoned me?
Do I treat other relationships
like they are going
to abandon me?

If I was abused,
do I feel the need to
protect myself as if
everyone is a potential abuser?

How am I carrying this spirit-
sickness with me into
every area of my life?
(explain each section)

ACTIONS

Self Seeking = What are my Selfish Actions (Verbs)

examples:

deceived, stepped on toes, cold shoulder,
push away, overwhelm,
demanded, judging, ignored. ,
Hit, kick, slap, hung up on,
Shun, withdraw, yell, gossip,
slam doors, overreacted,
punished, underperforming,
crossed boundaries.

NO STORY about HOW.

Just WHAT I do.

ATTITUDE

Selfish Attitude (my actual thoughts):

Where am I feeling like a victim?
Where am I feeling entitled?
When I was doing
the verbs above,
what was I thinking?
examples...
You'll be sorry, rue the day!
How dare you!
Shun: I'm too good for you!
ignore=your too much/not enough!
judging=I'm better than you, you should live like I do!
Hit/kick: I am more powerful than you!
Demand: I deserve better!
Step on toes: this is the way to get what I want!
Push away: you disgust me /scare me!
Overpower you: I'm right, your wrong!
Hide/Yell: You threaten me!

DELUSION (Dishonest)

this is the thing that's driving
everything else that results
in chaos in my life.
work with others / step buddy
to see this/ im blocked
examples:
My problems are your fault
I don't deserve...
I can/should/must settle for less
You can / can't ruin my life
Girls don't need their mothers
Sisters don't need each other
I can fix/rescue someone
I need more power over you
You will harm me
You are not a child of god
Manipulation is the only way
I'm going to get what I need
I can keep someone from leaving
I can make someone love me
I can make someone stay
I can wrest satisfaction out of this if only I manage well

My way is the only way
I know what's best for you
I know what's best for me
I'm going to get what I'm after through sheer will and force

Tree Analogy
Leaves=actions
Branches=attitudes
Trunk=delusions
Roots=fears
We must pull out the root to get free.

FEAR
Being wrong
Being vulnerable
Being at fault
Being complicated
Being alone
Being unlovable
Cant walk my talk
Being Fat/Thin
Relapse

It's uncomfortable to feel the Fear.
To get out of my discomfort
I pick up a Delusion
I begin to feel just a little (false, cheap) power
To get some peace and ease
But it isn't enough
Lack of power is my dilemma
Then, I struggle for more power
I adopt an Attitude
(To stoke the fire of Self)
but that doesn't quench me
Lack of power is still my dilemma

so i step into the action
that creates harm-
or put me in a position
to be harmed by others.

Chaos erupts
My spirit gets even more sickened
I pick up and act out with food
I pick up and act out the bedevilments (p52)

Or the cycle simply repeats
Over and over
As the real Peace and ease
I'm after
Retreats further and further away.
This is the insanity of my dis-ease.

This is why "working on
My character defects"
is pointless
That's just working on a
very surface level
and it's insufficient
We just grow more branches,
more leaves...
Doing estimable acts
is not enough
I have to go deep into the root
And pull it up root and branch
Exposing it all to God (and getting honest with myself in the process)

ultimately asking
for God to remove it (in Step 7)
we will place it on the spiritual plane
or in the spiritual round
and bow down,
please remove this, god
i ask him to CAST it out of me
root and branch
I have no need for this
It sickens my spirit

Are you done trimming the leaves?
Fearless and Searching you must be

This fear and all of the branches it manifests....

the attitude, the delusion,
the action, and the harm,
brings us back to step two,
asking the question
what have I've been worshipping?

i've been worshipping my mind
ive been worshipping ideas and worshipping attitudes
ive been worshipping delusions
the truth? i have been worshipping Fear!

so here in the fear section
the book asks me
to consider not only
the first fear that comes up
but other fears,
and even the opposite fear.

HARM
I consider what kind
of harm I caused or
brought into the situation
for the person in column one,
but I also consider the ripple effect?
any harm I might've caused
To people around the scene
Or around the person
in column one.

Did I cause harm
that affected coworkers,
extended family,
other people
in the periphery
of the scene of the play?

Btw we don't expect
to get free in the 4th step...
but I get a loosening
of my grip on the delusion.
There is freedom in

the truth.

i am on my way....

Once you complete your fourth column, relax and take it easy. Do not struggle. We are off next week, more will be revealed...