

4th Step related to my meeting behavior

(Using 4th Step Guide from John L on Dec 6, 2019)

Last edit: December 16, 2019b

Thoughts after listing below:

It seems that many of my resentments revolve around wanting to be seen as really knowledgeable about many things and I want others to know that and respect and admire me.

It seems that for AA, having gone through First Step for Men, I feel like I know more about recovery than others.

I have noticed that lately (since Dec 6) that in meetings I have been listening to people who didn't go through First Step and noticing that they too, seem to have around the same amount of knowledge about AA as I do after a couple of years and in other cases in can be as short as a month or two on some things.

- My List of resentments

- *I resent* people cross talking in meetings

- *Affects my ...*

Pride:

No one should not think that I am smart and know a lot of things

Self esteem:

I am very smart and know a lot of things

Ambitions:

- *I want* to be seen as important

Security:

- *I need* AA meetings to be the same as they have been

Personal Relations:

- *Others should* respect my ideas and not argue

Sex Relationships:

Men are/should not bully others

Women should not engage or bring up topics that are more suitable for Alanon

Pocketbook:

No one should consistently not put money in the basket

- People chairing:

- I resent people who chair and don't follow the meeting's written format (Emile)

- I resent people chairing meeting and not correcting inappropriate behavior (everyone)

- I resent people who chair meetings and end it early (Janet)

- I resent people who chair and don't call on people to keep meeting moving

- I resent people who chair and "play tag"

- I resent people with little time chairing meetings and coming up w/non-AA topics

- Other meeting resentments

- I resent the people who tell me to leave it to the chairperson (Clark, Howard)

- I resent people who consistently do not put money in basket (Bobby)

- I resent people who share every meeting (Clark, Bobby, Frank)

- I resent people using the word "we" or "you" when it should be "I"

- I resent people who lecture in meetings rather than share their experience, strength and hope

- I resent people who share in meetings and it's not ESH but all negative

- I resent people announcing themselves with their first and last names (Jim Avery)

- I resent people who get 5 years and now they lecture us (Frank)

- I resent people who share at the end and tell us how the meeting went (Frank)

- I resent people who speak softly in meetings

- I resent people who double-dip

- I resent people who share over 3-4 minutes

Deedry Deacon, elder's friend

- I resent women who bring up, or go along with, topics that are more suitable for Alanon (Lisa, Paula)
- I resent people who use cell phones during meetings (Amy, older short grey haired, pudgy man)
- I resent people who talk when others are sharing
- I resent people who bring up my name as an example of bad behavior (Dwayne)
- I resent people with time in the program trying to force their ideas (Dwayne)

maunhausen

understood / understandable

where was I at fault

afraid of ~~being~~ selfish, self-seeking, dishonest

~~grand~~

what do I do

Control
God

another way
and direct

selfish
get / keep
rehab

more than I deserve

causing

threats
cheerful
ideas

3rd ed own fault
threatened any harms

where we try
wrong

selfish ~~rehab~~ group
individual
marginalize

afraid - ~~trust~~ anger
direct

not ahr I need to OK for security

ignoring