

Big Book Sponsorship Guide

FEARS: We were usually as definite as this example:

| Column 1 | Column 2 | Column 3 | Column 4 (Blocks) | Column 5 (Power) |
|--|--|--|---|---|
| <p>People, Institutions & Principles</p> <p>Who or What am I afraid of?</p> <p>What am I afraid of losing or not getting?</p> | <p>The Cause</p> <p>Why am I fearful?</p> | <p>This affects, threatens, hurts or interferes with my...self-esteem, security, ambitions pocket book, relationships (including sex)</p> | <p>Where am I at fault? Where am I to blame? What are my mistakes?</p> <p><i>Identify character defects, liabilities, shortcomings, blocks i.e. false pride, jealousy, lust, dishonesty, envy, greed, fear, sloth, hate, selfishness, impatience, etc.</i></p> | <p>What should I have done instead?</p> <p><i>Identify assets to strive for i.e. humility, trust, intimacy, honesty, contentment, generosity, love, zeal, forgiveness, unselfishness, patience, etc.</i></p> |
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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) |
|--|---|--|---|---|
| <p>People, Institutions & Principles</p> <p>Whom have I hurt?</p> | <p>How did I harm them? What did I unjustifiably arouse:</p> <p>Jealousy? Suspicion? Bitterness?</p> | <p>What did I affect, threaten, hurt or interfere with?</p> <p>Self-esteem, security, ambitions pocket book, relationships (including sex)?</p> | <p>Where am I at fault? Where am I to blame? What are my mistakes?</p> <p><i>Identify character defects, liabilities, shortcomings, blocks i.e. false pride, jealousy, lust, dishonesty, envy, greed, fear, sloth, hate, selfishness, impatience, etc.</i></p> | <p>What should I have done instead?</p> <p><i>Identify assets to strive for i.e. humility, trust, intimacy, honesty, contentment, generosity, love, zeal, forgiveness, unselfishness, patience, etc.</i></p> |
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