

## “Where have we been...”

Explanatory statements for the 4, column 4 questions on page 68:

Selfish – Thinking that puts my needs ahead of others, where I am inconsiderate of another person’s point of view.

Dishonest – Often internally where I am lying to myself to justify the resentment, where I don’t consider that if someone harms me I am not seeing that they are, perhaps, a spiritually sick person, and that I may have done the same thing or something similar. Missing the reality of the situation so that I can be angry at them and not look at myself.

Self-Seeking – what I do or say to try to make things go my way. Page 61  
“Our actor may be quite virtuous...kind, considerate, patient, generous; even modest and self-sacrificing. On the other hand, he may be mean, egotistical, selfish and dishonest.”

Frightened – What I am afraid of losing or not getting because of column 2 - the chief activator of my defects, self-centered fear from the 12&12 step 7 page 76: “The chief activator of our defects has been self-centered fear— primarily fear that we would lose something we already possessed or would fail to get something we demanded.”