

End of Week 7 - Step 4 - Resentments - It's a Thorny Subject

Posted by DuvidChaim - 04 Dec 2009 04:30

Chevra

The Captain was sensing an uprising on the Boat today - almost a real Mutiny!!

And how could I be surprised? Just look at the Crew I'm dealing with - always wanting immediate answers to all their questions - full of doubt - full of fear and full of mistrust.

On the other hand how can I argue with them? Look at what I'm asking them to do. Mopping the deck and scrubbing the mess hall is easy compared to this 4th Step work.

Yes, it's a Thorny Subject - this grueling "fact-finding and fact-facing." You didn't know what you signed up for when you joined my Navy!

And just like falling into a cactus, when we face our Resentments, we have to pull out all of the thorns and splinters - the big ones and yes the little tiny very annoying ones.

You might even need a pair of tweezers to get all of them out - because if you leave even one in, it becomes not only a life long nuisance - but it will also get infected.

And who are we doing this for?

Not just for you, the grown up - the addicted and scared adult. But mainly for the ever so precious Inner Child. Who has been crying out all his life just to have a voice. Because up to now, his only way to get your attention was to act out.

Well now's your chance to get to know your inner child again, to let him come out into the light.

He's standing at the edge of the pool - waiting for you to open your arms and let him jump in - to a safe and loving place.

So - JUMP!

Looking FORWARD,

Duvid Chaim

PS - please see the attached and print it out. This will be used by Shimi on Monday and Elya on Tuesday for the reading and discussion.

PSS - The Captain is going to miss his brave Crew - and might even shed a tear (behind the patch over his eye!)

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Re: End of Week 7 - Step 4 - Resentments - It's a Thorny Subject
Posted by Kedusha - 04 Dec 2009 05:01

[DuvidChaim wrote on 04 Dec 2009 04:30:](#)

Well now's your chance to get to know your inner child again, to let him come out into the light.
He's standing at the edge of the pool - waiting for you to open your arms and let him jump in - to a safe and loving place.

So - JUMP!

I'm feeling a bit sheepish, but I've got to share this (not promising I'll leave it up forever). I always have a hard time jumping into pools. To make it easier, I count to ten, and tell myself that, if I jump in immediately when I reach ten, the temperature in hell for Hitler and his followers will be increased 100-fold. With such a mighty incentive, I invariably jump in right away.

I've done this since I was a kid - maybe I still am one!

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