

# Rebuilding Our Own Self-Worth

## Step Seven Character Building

By Rick R.

Few people who come to us can lay claim to having soundness of mind, but, between their ears, they have nothing to compare their thinking to, simply because they can't put themselves inside the mind of someone else. They often arrive somewhat defiant if, in fact, it wasn't their own idea to come to Alcoholics Anonymous (A.A.) in the first place. They may think that their own thinking was pretty good and it is hard to convince them that it wasn't, considering that they would have to admit that their whole existence was based on a faulty perception and their brain has been lying to them for all these years.

Those of us who came into the program of our own free will have a much easier time of it simply because we are no longer in denial and we are searching for answers to our drinking problem. After we arrive, we are quick to recognize the difference in the way seasoned A.A. members think, and they begin to trust in someone else's input concerning their thinking. They find a sponsor and begin taking the steps. Things go pretty good considering the newfound friends they find in the fellowship, then they often hit a brick wall when they approach step four. We lose many of them upon their first attempt at the program, but we know that they will usually return when faced with the inevitable.

When it is explained to them that no one can solve their deeper-rooted emotional problem until we first understand them and the process of going through the fourth step inventory is our first attempt at discovering where our thinking had been flawed. That doesn't make them a bad person, it only means that, like us, they were just misguided, and these things can be corrected if they are willing. Understanding is the key.