

**RESENTMENTS – COLUMNS 1 & 2**

Column 1	column 2
Person, Institution, Principle	The cause's – Why we were angry (Be short but specific if you start with a lie column 4 will be a lie)
	1- 2- 3- 4- 5-
	1- 2- 3- 4-
	1- 2- 3-
	1- 2- 3-
	1- 2- 3-
	1- 2- 3-
	1- 2- 3-

We listed people, institutions or principles with whom we were angry. We asked ourselves why we were angry.

### RESENTMENTS – COLUMN 3

Person, institution, or principal: _____	
Why I was angry _____-# _____	
<b>EFFECTS MY:</b> Where was I hurt threatened, or interfered within these 7 areas of self?	
<b>Self –esteem</b> How I see or feel about myself.	
<b>My Pocketbook</b> Anything involved with My money, job, or financial System.	
<b>My ambitions</b> What I want for myself. (My plans and designs for the future)	
<b>My personal Relations</b> Friends, co-workers, family, Or neighbors.	
<b>My sex relations</b> People with whom I am or were sexually involved.	
<b>Security</b> What I think I need.	
<b>Pride (Ego)</b> How I think others see or think about me.	

**Self-esteem** - I deserve, I want better, I should have, I would never, ECT.

**Pocketbook** – I need money, I deserve a good job, ECT.

**Ambition** – I want \_\_\_\_ for myself. , I want a good \_\_\_\_, I deserve \_\_\_\_ ., I will \_\_\_\_ if I see him., ECT.

**Personal relations** \_ Real friends don't \_\_\_\_, Real men should, Real women shouldn't, ECT.

**Sex relations** – She should, I deserve \_\_\_\_ in a relationship, I would never do \_\_\_\_ to my lover, ECT.

**Security** – I need \_\_\_\_

**Pride** – people should never see me \_\_\_\_, they should \_\_\_\_, he should \_\_\_\_, I can't \_\_\_\_, ECT.

In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened. So we were sore. We were "burned up."

On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with?

## RESENTMENT – COLUMN 4

<b>Self-esteem</b>	
Where was I selfish?	
Where was I dishonest?	
Where was I self-seeking?	
Where was I frightened?	
<b>My pocketbook</b>	
Where was I selfish?	
Where was I dishonest?	
Where was I self-seeking?	
Where was I frightened?	
<b>My ambition</b>	
Where was I selfish?	
Where was I dishonest?	
Where was I self-seeking?	
Where was I frightened?	
<b>My personal relationship</b>	
Where was I selfish?	
Where was I dishonest?	
Where was I self-seeking?	
Where was I frightened?	
<b>My sex relations</b>	
Where was I selfish?	
Where was I dishonest?	
Where was I self-seeking?	
Where was I frightened?	
<b>Security</b>	
Where was I selfish?	
Where was I dishonest?	
Where was I self-seeking?	
Where was I frightened?	
<b>Pride</b>	
Where was I selfish?	
Where was I dishonest?	
Where was I self-seeking?	
Where was I frightened?	

This was our course: We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

We avoid retaliation or argument. We wouldn't treat sick people that way. If we do, we destroy our chance of being helpful. We cannot be helpful to all people, but at least God will show us how to take a kind and tolerant view of each and every one.

Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's. When we saw our faults we listed them. We placed them before us in black and white. We admitted our wrongs honestly and were willing to set these matters straight.