

REVIEW OF RESENTMENTS

COLUMN 1

COLUMN 2

COLUMN 3

COLUMN 4

COLUMN 5

AM RESENTFUL AT:

si people, institutions or principles
in whom I am angry.

THE CAUSE:

I ask myself why I am angry, what did they
do to me to cause the anger?

AFFECTS ME:

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

WHAT DID I DO?

Putting out of mind the wrongs others
have done, I resolutely look for my own
mistakes. What did I do, if anything, to set
in motion trains of circumstances, which
in turn caused people or institutions to
hurt me and eventually led to my resent-
ment of them for doing so?

WHERE HAD I BEEN:

"Selfish"
"Dishonest"
"Self-seeking and frightened"
"Inconsiderate"
Which of the above character defects
caused me to do what I did, or cause me
to want to hold on to the old resentment,
even though I may have done nothing to
cause it?

RESENTMENTS

Do not be restricted by this list. It is just to help you get started. List your resentments on the next pages.

PEOPLE

Father
Mother
Boy Friends/Lovers
Brothers
Sisters
Sponsors
Employers
A.A. Friends
Acquaintances
Aunts
Best Friends
C.A. Friends
Childhood Friends
Clergy
Co-Workers
Cousins
Creditors
Doctors
Employees
Girl Friends
Husbands

In-Laws

Judges

Lawyers

Life-long Friends

Parole Officers

Police

Probation Officers

School Friends

Teachers

Uncles

Wives

INSTITUTIONS

Authority

Bible

Child Protection

Church

Correctional System

Education System

Government

Law

Marriage

Health/Mental Health System

Nationality

Philosophy

Races

Religion

Society

PRINCIPLES

Adultery

Death

God-Deity

Golden Rule

Heaven

Hell

Homophobia

Jesus Christ

Life After Death

Original Sin

Retribution

Satan

Seven Deadly Sins

Sin

Ten Commandments

Step Four Resentments Checklist Column 4*

"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?"

SELFISH

- Not seeing others point of view, problems or needs
- Wanting things my way
- Wanting special treatment
- Wanting others to meet my needs dependence
- Wanting what others have
- Wanting to control dominance
- Thinking I'm better grandiosity
- Wanting to be the best
- Thinking others are jealous
- Wanting others to be like me
- Being miserly, possessive
- Wanting more than my share
- Reacting from self loathing, self righteousness
- Too concerned about me
- Not trying to be a friend
- Wanting to look good or be liked
- Concerned only with my needs

DISHONEST

- Not seeing or admitting where I was at fault
- Having a superior attitude -thinking I'm better
- Blaming others for my problems
- Not admitting I've done the same thing
- Not expressing feelings or ideas
- Not being clear about motives
- Lying, cheating, stealing
- Hiding reality not facing facts
- Stubbornly holding on to inaccurate beliefs
- Breaking rules
- Lying to myself
- Exaggerating, minimizing
- Setting myself up to be "wronged"
- Expecting others to be what they are not
- Being perfectionistic

SELF SEEKING

- Manipulating others to do my will
- Putting others down internally or externally to build me up
- Engaging in character assassination
- Acting superior
- Acting to fill a void
- Engaging in gluttony or lusting at the expense of another person

FRIGHTENED (OF)

- Peoples' opinions
- Rejection, abandonment
- Loneliness
- Physical injury, abuse
- Not being able to control or change someone
- My inferiority, inadequacy
- Criticism
- Expressing ideas or feelings
- Getting trapped
- Exposure, embarrassment

*Thanks to *Anonymous* in New England.