

1. RESENTMENTS - Page 64 & 65 In dealing with resentments, we set them on paper.

Column 1	Column 2	Column 3
I'm Resentful At:	The Cause:	Affects My:
We listed people, institutions or principles with whom we were angry.	We asked ourselves why we were angry. 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?

Column 4 - Our own mistakes - Page 66 & 67

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."

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.

Where had we been selfish?

(Acting without concern for others.)

Where had we been dishonest?

(Dishonest to get what I want)

Where had we been self-seeking and frightened?

(Afraid I'll lose what I have or not get what I want, so I did something to them.)

3. NOW ABOUT SEX - Page 68 & 69

Where had we been Selfish?

(In Our CONDUCT)

Where had we been Dishonest?

(In Our CONDUCT)

Where had we been Inconsiderate?

(In Our CONDUCT)

Whom had we Hurt?

(By Our CONDUCT)

Did we unjustifiably arouse jealousy, suspicion or bitterness?

Where were WE at Fault?

What should WE have done Instead?

2. FEAR - Page 67 & 68

We reviewed our fears thoroughly. We put them on paper even though we had no resentment in connection with them.

What am I afraid of Losing?

What am I afraid of Not Getting?

We asked ourselves Why We Had Them.

Wasn't it because Self Reliance Failed Us?

Self Esteem - How I think of myself

Pride - How I think others view me

Pocketbook - Basic desire for money, property, possessions, etc.

Personal Relations - Our relations with other people.

Emotional Security - General sense of emotional well being

Sex Relations - Basic drive for sexual intimacy

Selfish, self-centered, egotistical - "It's about me!"

Ambitions - Our goals, plans and designs for the future. Ambition deals with the things that we want.

Resentment, do the following for each resentment:

1. What is the resentment?
2. What is the reason I have it?
3. What's my part in the resentment?
4. Look for underlying fear.
5. What is it that I am expecting from that person?

Fear, list of your fears you have NOW.

For each liability (except resentment & fear), ask the following questions:

1. Do you have any _____ (self-pity)?
2. Who was effected by ____ (by self-pity)?

Resentment (Anger) – Hanging on to injury or anger; Refusing to accept what has already been done.

Fear – Holds us back from doing worthwhile things. Healthy fear helps avoid danger. Courage is fear that has said its prayers. Everything we do is done out of love or fear. (Love is positive things; fear is negative things.)

Dishonesty (Lying & Evasiveness) – To others and to ourselves. Stealing or cheating. Pretending that things are different than they are; this keeps us from coping with life (unrealistic).

Selfishness – Stinginess resulting from a concern for your own welfare and a disregard of others.

Hate – Continued anger, murderous feeling toward someone. Extremely strong dislike toward someone. Prejudice or hate for a group. Continued resentment leads to hate.

Greed (Gluttony) – Wanting more than our share. A selfish motive. We can deceive ourselves into thinking we are doing a service rather than doing it for ourselves

Self-Pity – “Poor me” attitude; Thinking like a victim. Holds us back from doing something positive about our situation, like taking the Steps today.

Self-Justification – Defending ourselves rather than admitting our faults. Prevents taking an honest inventory.

Self-Importance (Egotism) - Putting ourselves first. Self-centeredness. Sometimes shyness comes out of it because we are focused on ourselves rather than others.

Self-Condensation (Guilt) – Putting ourselves down; Condemning what God has made. Bad self talk.

Laziness – unwilling to work. Undisciplined.

Bitterness - hard to bear; grievous; distressful

Procrastination – Putting things off. Leaves the burdens on others. Energy drain.

Impatience – Wanting what I want when I want it; expecting too much too soon. Refusal to surrender self-will (impatience with others). Remember how long it took us to get this way.

False Pride (Phoniness & Denial) – Doing things for appearance rather than effectiveness. Trying to make other people think we are better than we are. Why am I afraid to tell you who I am? Won't ask for help.

Pride is a character defect that causes shame because we are ashamed of how things are. Pride causes self-condemnation. Pride causes feelings of guilt. Either feeling better than or less than someone else.

Jealousy – Fear of losing someone or something. Leads to anger or hatred toward anyone who threatens our claim to someone or something. Jealousy is related to fear.

Envy – Wanting what someone else has and thinking how to get it. Envy is related to greed.

Insincerity – Putting up false front; People pleasing. Two-faced and deceitful. Hypocritical; Acting like we care when we don't.

Negative Thinking – Dwelling on why things can't work. Pessimistic attitude. Discouraging others.

Vulgar, Immoral Thinking – Sexual fantasies, thoughts of violence (waiting for someone with a baseball bat/fantasizing about causing harm to others).

Intolerance (Perfectionism) – Never being satisfied with a result (nothing is ever good enough). Expecting too much of others and of ourselves.

Criticizing and Gossip (Loose Talk) – A fault-finding attitude. Repeating criticism of others. Malicious or careless gossip.

Inconsideration - Thoughtless of others, rude behavior, without due regard for the rights or feelings of others

Suspicion - the act or an instance of suspecting something wrong without proof.