4th STEP - RESENTMENT WORKSHEET

1. NAME	RELATIONSHIP	
2. WHY DO I RESENT THEM?	3. AFFECTS MY:	
	Ambition 🗆	
	Fear □	
	Pride □ Health □	
	Financial security	
	Physical security	
	Self-esteem	
	Sex relations	
	Personal relations	
	Sense of justice □	
	,	
4. WHAT'S MY PART? (How was I)		
SELFISH? What did I WANT from the person	or situation? What EXPECTATIONS,	
reasonable or not, did I bring to this situation?		
DISHONEST? Did I lie? What false premises e	anabled the resentment to develon?	
DISHONEST: Did Tile: What false premises e	mabled the resentinent to develop:	
SELF-SEEKING? How did I pursue my selfish		
ego was hurt? What harm did I cause, and what	bad behavior did I engage in?	
FEARFUL? What fears underlie the resentmen	12	
FEARFUL: What leads underlie the resentment?		

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ego was hurt? What harm did I cause, and what		
ego was nurt: what harm did i cause, and what	bad beriavior did	i engage iii:
FEARFUL? What fears underlie the resentmen	17	

4th STEP - SEX INVENTORY

NAME	RELATIONSHIP	
How was I SELEISH2 (What did I	want from the person or situation?)	
Now was I SELFISH: (What did I	want from the person of situation:)	
How was I DISHONEST?		
Did I arouse JEALOUSY, SUSPIC	CION, or BITTERNESS? (If so, how?)	
What HARM did I cause? What did I do WRONG?		

4th STEP - SEX INVENTORY

NAME	RELATIONSHIP	
How was I SELFISH? (What did I	want from the person or situation?)	
· ·	,	
How was I DISHONEST?		
Did I arouse JEALOUSY, SUSPIC	CION, or BITTERNESS? (If so, how?)	
,	, , ,	
What HARM did I cause? What did I do WRONG?		