

ES&F 4th & 10th Step: Begin with the 3rd Step Prayer

List: resentments, fears and harms (3 lists)	Resentments: What or who are you resentful towards right now? (Can include people, institutions &/or principles) List current Fears: What fears are you experiencing right now? Harms Have you harmed anyone?		
The cause.	Why am I resentful? Limit this answer to < 20 words. Think more in terms of a short summary rather than a long story. Consider: What do I want to change about this person? Why do I feel negatively about this person?		
Affect: How did it make me feel? *Optional: For resentments only	In what specific ways is this resentment impacting my identity, and ability to feel safe, secure and loved? <i>See definitions below:</i> Self Esteem: how I think about myself (How I see me) Pride: How I think others view me. (How you see me) Ambition: My goals, plans and designs for the future (Outside) Security: General sense of personal well-being. (Inside) Personal relations: My relationships with other people. (Outside: how should this relationship look?) Sex (Gender) relations: My ability to feel loved and intimate with another. Can also refers to my belief about <u>myself</u> as a woman or as a man. (Inside: how I should be in this relationship?) Pocket Book: My basic desire for money, property, possessions Affects my finances.		
Realization	Motives/Realization: Have I ever done to them or another person what they did to me?		
What was my part? How did your character weaknesses or strengths affect the situation?	Self-examination/Character Defects: There are 3 different techniques		
	1: What was my fault? What is the nature of my wrongs, faults, mistakes, defects? How was I selfish, dishonest, self-seeking, afraid? Did I arouse jealousy, suspicion or bitterness? If so, how? <i>See definitions below:</i>	2: For every person on your resentment, fear or harm list: Did your xxxxxx harm this person? Where have you been selfish, self-seeking, dishonest, jealous, envious, bitter, inconsiderate, false pride, greedy, irresponsible, lazy?	3: Who was affected by any resentments, fears, selfishness, dishonesty, pride/false pride, jealousy, envy or laziness?
Selfish: What did I WANT from the person or situation? Do I have (un)reasonable expectations of others or myself? Did I make it about me? Am I taking things personally and making it "about me?"	Self-seeking: What did I do, and how did I act in order to get what I wanted? What did I do and how did I act when I DID NOT get what I wanted? What was I thinking in order to get what I wanted or when I DID NOT get what I wanted? What harm did I cause?	Dishonest: What is the lie I tell myself or others? What did I deny or omit? Did I lie, steal or cheat? Do I see the situation as it really is? Do I know the whole story? Am I not seeing the situation as it is or could be? What is my motive? What are my assumptions? What is the truth?	Afraid: What fears underlie the resentment, relationship or situation?
Fear List your current fears	Why do I have this fear? Did I feel I could handle the situation as I saw it? Did relying on me work? What should we now rely upon if not ourselves? How would this fear be different if I would trust and rely on God? When I experience this fear, what would God have me BE? I was afraid of ... Because ... Do I realize that I rely on myself rather than God? What can I do to make sure this does not happen? What defects of character keep me from doing what I need to do?		
Harm What Harms did I cause?	For every person on your resentment, fear or harm list: Has a harm been done? Did your (liability) harm this person? Make a list (Step 8) A harm is: something that has caused someone actual suffering or loss, something that one has done that has had a negative effect on another.		
Turnaround:Forgiveness we overcome resentment with forgiveness	Forgiveness: Am I willing to forgive? If not, am I willing, with prayer to forgive? If you are unable to change the present state of affairs, are you willing to take the measures necessary to shape your life to conditions as they are?		
Turnaround: Faith: we overcome fear with faith	Are you ready to overcome your fear and have faith in God?		
Turnaround: God centered assets to strive for	What should I have done instead? How would God have me be? Am I willing to do God's will? Am I willing to have God remove these defects of character? Be specific. Identify assets to strive for i.e. humility, trust, intimacy, honest, contentment, generosity, love, zeal, forgiveness, unselfishness, patience, etc. (Say Step 6 & 7. Say 7 th step prayer.)		
Turnaround: Amends we overcome harms with amends	Do I owe an amends? Willing? Yes/No. List the types of amends. Direct, living, in-kind and letters. What behaviors will convince them more than my words? When will I complete the action? (Step 9)		
Conclusion	Conclude the session with prayer. Be of service. God got us well so that we can be constructive and useful and fit ourselves to be of maximum service to others.		