

Review of Resentments

1. In dealing with resentments we set them on paper. We listed people, institutions, or principles with whom we were resentful. (Complete column 1 from top to bottom. Do nothing in columns 2, 3, or 4 until column 1 is completed.)
2. We asked ourselves why we were resentful. (Complete column 2 from top to bottom. Do nothing in columns 3 or 4 until column 2 is completed.)
3. On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal or our sex relations, which had been interfered with? (Complete each column within column 3 going from top to bottom. Starting with the self-esteem column and finishing with the sexual ambitions column. Do nothing in column 4 until column 3 is complete.)
4. We referred to our list again. Putting out of our minds the wrongs that others had done, we resolutely looked at our own mistakes. Where had we been selfish, dishonest, self-seeking & frightened, or inconsiderate? (Complete column 4 from top to bottom.)
5. Reading from left to right we now see the resentment, the cause, the part of self that had been affected, and the exact nature of the defect within us that allowed the resentment to surface and block us off from God's will.

“SELF”

DEFECT OF CHARACTER

Column 3

Column 4

AFFECTS MY
Which part of self is affected?

What is the exact nature of my wrongs, faults, mistakes, defects, or shortcomings?

[illegible]