

AM I SELFISH?

If I am **RESENTFUL**:

It is because someone did not do what I wanted them to do in the past. They did not do it my way. And that is being **SELFISH**.

If I am **ANGRY**:

It is because someone is not doing what I want them to do right now. They are not doing it my way. And that is being **SELFISH**.

If I am **FEARFUL**:

It is because I know that someone is not going to do what I want them to do in the future. They are not going to do it my way. And that is being **SELFISH**.

If I feel **GUILTY** or **REMORSFUL**:

It is because I got my own way, at your expense. And that is being **SELFISH**.

**It seems that page 62 in the “Big Book”
is correct about the root of my troubles.**