

# RESENMENTS

> The Big Book pages 64 – 67 <

# By The Book - 4 Step Inventory

In dealing with resenments, we set them on paper. ...a fact-finding and a fact-facing process. It is an effort to discover the truth about the stock-in-trade.  
 (Searching) (Fearless) (Moral)

Column 1	Column 2	Column 3	Column 4
I'm Resenful At:	The Cause	Affects My:	Our own mistakes
<p>We listed <b>people,</b> <b>institutions</b> Or <b>principles</b> with whom we were angry.</p>	<p>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". <b>WHAT HAPPENED?</b></p>	<p>On our grudge list we set opposite each name our injuries. Was it our <b>self-esteem</b>, our <b>personal relations</b> our <b>sex relations</b>, our <b>security</b> or our <b>ambitions</b> which had been interfered with?</p>	<p><b>Where had we been selfish?</b> (Acting without concern for others.) <b>Where had we been dishonest?</b> (Dishonest to get what I want.) <b>Where had we been self-seeking and frightened?</b> (Afraid I'll lose what I have or not get what I want, so I did something to them.)</p>
		<ul style="list-style-type: none"> <li><input type="checkbox"/> self-esteem</li> <li><input type="checkbox"/> personal relations</li> <li><input type="checkbox"/> sex relations</li> <li><input type="checkbox"/> security (economy)</li> <li><input type="checkbox"/> ambitions</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> selfish</li> <li><input type="checkbox"/> dishonest</li> <li><input type="checkbox"/> self-seeking</li> <li><input type="checkbox"/> frightened</li> </ul>
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