**RESENTMENTS**

Do not be restricted by this list. It is just to help you get started. List your resentments on the next pages.

<table>
<thead>
<tr>
<th>PEOPLE</th>
<th>Institutions</th>
<th>Principles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Father</td>
<td>In-Laws</td>
<td>Adultery</td>
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<tr>
<td>Mother</td>
<td>Judges</td>
<td>Death</td>
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<tr>
<td>Boy Friends/Lovers</td>
<td>Lawyers</td>
<td>God-Deity</td>
</tr>
<tr>
<td>Brothers</td>
<td>Life-long Friends</td>
<td>Golden Rule</td>
</tr>
<tr>
<td>Sisters</td>
<td>Parole Officers</td>
<td>Heaven</td>
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<tr>
<td>Sponsors</td>
<td>Police</td>
<td>Hell</td>
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<td>Employers</td>
<td>Probation Officers</td>
<td>Homophobia</td>
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<tr>
<td>A.A. Friends</td>
<td>School Friends</td>
<td>Jesus Christ</td>
</tr>
<tr>
<td>Acquaintances</td>
<td>Teachers</td>
<td>Life After Death</td>
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<tr>
<td>Aunts</td>
<td>Uncles</td>
<td>Original Sin</td>
</tr>
<tr>
<td>Best Friends</td>
<td>Wives</td>
<td>Retribution</td>
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<tr>
<td>C.A. Friends</td>
<td></td>
<td>Satan</td>
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<tr>
<td>Childhood Friends</td>
<td></td>
<td>Seven Deadly Sins</td>
</tr>
<tr>
<td>Clergy</td>
<td><strong>INSTITUTIONS</strong></td>
<td>Sin</td>
</tr>
<tr>
<td>Co-Workers</td>
<td>Authority</td>
<td>Ten Commandments</td>
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<tr>
<td>Cousins</td>
<td>Bible</td>
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<tr>
<td>Creditors</td>
<td>Child Protection</td>
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<td>Doctors</td>
<td>Church</td>
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<tr>
<td>Employees</td>
<td>Correctional System</td>
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<tr>
<td>Girl Friends</td>
<td>Education System</td>
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<tr>
<td>Husbands</td>
<td>Government</td>
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<td>Law</td>
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<td>Marriage</td>
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<td>Health/Mental Health System</td>
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<td>Nationality</td>
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<td>Philosophy</td>
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<td>Races</td>
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<td>Religion</td>
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<td>Society</td>
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</tbody>
</table>

MORE from your experience!
Step Four Resentments Checklist Column 4

“Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened?”

**SELFISH**
- Not seeing others point of view, problems or needs
- Wanting things my way
- Wanting special treatment
- Wanting others to meet my needs—dependence
- Wanting what others have
- Wanting to control—dominance
- Thinking I'm better—grandiosity
- Wanting to be the best
- Thinking others are jealous
- Wanting others to be like me
- Being miserly, possessive
- Wanting more than my share
- Reacting from self loathing, self righteousness
- Too concerned about me
- Not trying to be a friend
- Wanting to look good or be liked
- Concerned only with my needs

**DISHONEST**
- Not seeing or admitting where I was at fault
- Having a superior attitude—thinking I'm better
- Blaming others for my problems
- Not admitting I've done the same thing
- Not expressing feelings or ideas
- Not being clear about motives
- Lying, cheating, stealing
- Hiding reality—not facing facts
- Stubbornly holding on to inaccurate beliefs
- Breaking rules
- Lying to myself
- Exaggerating, minimalizing
- Setting myself up to be “wronged”
- Expecting others to be what they are not
- Being perfectionistic

**SELF SEEKING**
- Ignoring others’ needs
- Trying to control others
- Getting revenge when I don't get what I want
- Holding a resentment
- Acting to make me feel good

**FRIGHTENED (OF)**
- Peoples' opinions
- Rejection, abandonment
- Loneliness
- Physical injury, abuse
- Not being able to control or change someone
- My inferiority, inadequacy
- Criticism
- Expressing ideas or feelings
- Getting trapped
- Exposure, embarrassment
Instructions for Completion

Complete each column top to bottom before proceeding to the next column.

Thus, for instance, fill in all the names of those you are resentful at before filling in the column for the cause of each resentment. List real resentments, not imaginary or theoretical resentments. Is the resentment a problem for you, does it cause you pain?

<table>
<thead>
<tr>
<th>Column 1</th>
<th>Column 2</th>
<th>Column 3</th>
<th>Column 4</th>
<th>Column 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>In dealing with resentments we set them on paper. We listed people, institutions or principles with whom we were angry.</td>
<td>We asked ourselves why we were angry.</td>
<td>On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations which had been interfered with?</td>
<td>Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened?</td>
<td>This Column is optional. List specific other defects to show your participation in the resentments.</td>
</tr>
</tbody>
</table>

Reading from left to right we now see the resentment (Column 1), the cause (Column 2), the part of self that had been affected (Column 3), and the exact nature of the defect within us that allowed the resentment to surface and block us off from God’s will (Columns 4 and 5).

<table>
<thead>
<tr>
<th>I’m RESENTFUL at:</th>
<th>The Cause:</th>
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<tbody>
<tr>
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</tbody>
</table>
FEARS
Do not be restricted by this list. It is just to help you get started. List your fears on the next pages

abandonment
aging
anger
authority figures
being alone
being deceived
being found out
being myself
change
compliments
confrontation
creditors
death
denial, my
disapproval
disease
divorce
embarrassment
employment
facing myself
failure
fear
feelings
financial insecurity
flying
fourth & fifth steps
future, the
getting fat or thin
God
going home
going out on a “whim”
having children
homelessness
homosexuality
honesty
humiliation
hurting others
I’m a fraud and others will find out
incarceration
intimacy
IRS, the
letting go
living
loneliness
losing hope
love
mediocrity
money
needing anyone
not being good enough
not being happy
not being liked
not being perfect
people (specify who)
police, the
poverty
procrastination
rape
rejection
relationships
resentments, my
responsibility
risks
saying that I can’t do something
sex
sponsor, my
success
unemployment
unknown, the
violence
work

Search your own experience for other fears.
Instructions for Completion

Complete column 1 from top to bottom before proceeding to the next column. Ask yourself whether the fear is a problem in your life. Be realistic. Discuss significant fears, not theoretical or imaginary fears.

Column 1  We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them.
Column 2  We asked ourselves why we had them.

<table>
<thead>
<tr>
<th>COLUMN 1</th>
<th>COLUMN 2</th>
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</thead>
<tbody>
<tr>
<td>I’m FEARFUL of:</td>
<td>Why do I have the fear?</td>
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</table>
Step Four Sex Conduct Checklist*

**Column 1 checklist (We reviewed our sex conduct over the years past. Whom had we hurt?)**

- Her, him, family, friends, co-workers, etc.
- Me with guilt or shame
- Infecting him/her a sexually transmitted disease
- Involving him/her in legal proceedings
- Embarrassing him/her
- How did I cause the hurt?

**Column 2 checklist (Where had we been selfish, dishonest or inconsiderate?)**

**SELFISH**
- Using him/her to meet my needs for sex, attention, approval, mothering, or fathering
- Not seeing him/her needs or problems
- Wanting to look good or be liked
- Taking out my emotions on him/her (anger, sadness, etc.)
- Wanting to control him/her
- Wanting special treatment
- Wanting him/her to take care of me
- Wanting more than my share
- Not trying to be a friend

**DISHONEST** (to me or others)
- Leading someone on—saying I care for him/her more than I do because I want sex
- Not admitting my sexual orientation
- Thinking I’m better (grandiosity)
- Being perfectionistic
- Not being clear about my motive (wanting fathering, mothering, approval, approval, or sex)
- Wanting to vent my emotions on or control him/her
- Cheating on him/her

**INCONSIDERATE**
- To her, him, family, friends, co-workers, etc.
- Putting others or myself at risk of disease, legal involvement, and embarrassment
- How I was inconsiderate?

**Column 3 checklist (Did we unjustifiably arouse jealousy, suspicion or bitterness)**

**JEALOUSY:**
- Of her, him, family, friends, co-workers, etc.
- How did I cause jealousy (tricking, flirting, also see Suspension, below)?

**SUSPICION:**
- Of her, him, family, friends, co-workers, etc.
- How did I cause suspicion (lying, flirting, tricking, coming home late, etc.)?

**BITTERNESS:**
- About her, him, family, friends, co-workers, etc.
- About me (guilt, shame)
- How did I cause bitterness?

**Column 4 (Where was I at fault?)**

- Was I selfish, self seeking, dishonest or fearful, thoughtless, uncaring?

**Column 5 (What should I have done instead?)**

- Not used the person
- Respected him/her
- Tried to be a friend
- Been candid and open
- Cared about him/her
- Treated him/her as I would have wanted to be treated
Instructions for Completion
Complete each column top to bottom before going on to the next column.

| Column 1 | We reviewed our sex conduct over the years past. Whom had we hurt? |
| Column 2 | Where had we been selfish, dishonest, or inconsiderate? |
| Column 3 | Did we unjustifiably arouse jealousy, suspicion, or bitterness? |
| Column 4 | Where were we at fault? |
| Column 5 | What should we have done instead? |

<table>
<thead>
<tr>
<th>COL. 1</th>
<th>COL. 2</th>
<th>COL. 3</th>
<th>COL. 4</th>
<th>COL. 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whom did I harm?</td>
<td></td>
<td></td>
<td>Where was I at fault?</td>
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