Review of Resentments

INSTRUCTIONS FOR COMPLETETION

1. In dealing with resentments, we put them on paper. We listed people, institutions, or principles with whom we were angry. Complete COLUMN 1from top to bottom. Do nothing with COLUMNS 2, 3, or 4 until COLUMN 1 is complete.
2. We asked ourselves why we were angry. Complete COLUMN 2 from top to bottom. Do nothing with COLUMNS 3 or 4 until COLUMN 2 is complete.
3. 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? Complete COLUMN 3 from top to bottom starting with self-esteem and finishing with the sexual ambitions column. Do nothing with COLUMN 4 until COLUMN 3 is complete.
4. Referring to our list again, putting out of our minds the wrongs others had done, we resolutely looked at our own mistakes. Where had we been selfish, dishonest, self-seeking, frightened, or inconsiderate? Asking ourselves the above questions, we complete each column within COLUMN 4.

5. Reading from the left we now see the resentment (COLUMN 1) why we have the fear (COLUMN 2) and the part of self that caused the fear (COLUMN 3) and the exact nature of the defect within us that allowed the fear to surface and block us from God's will (COLUMN 4).

COLUMN 1 I'm resentful at…	**COLUMN 2** Because…	**"SELF" – COLUMN 3** Affects my… (which part of self caused the fear?)									**COLUMN 4** What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?			
		Social Instinct		**Security Instinct**		**Sex Instinct**		**Ambitions**						
		Self-esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Social	Security	Sexual	Selfish	Selfish	Dishonest	Self-seeking & Frightened	Inconsiderate