BIG BOOK AWAKENING 4th Step Workshop

Resentment Examples and Worksheets 12/2006 Columns 1-4

To download the most current versions of these worksheets go to: www.BigBookAwakening.com or www.TheJaywalker.com

Notes:		

#)	RESENTMENT INVENTORY	
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The Realization: "How have I done the things I've resented in Column 2 to the <u>person</u> I've listed in Column 1 and/or others?" (ref. p.66-¶3 "This was our course: We realized that the <u>people</u> who wronged us were perhaps spiritually sick…like ourselves"). Skip this if Column One is not a person.
"God, this is a sick person like myself. How can I be helpful to them? God save me from being angry. Thy will be done."
FOURTH COLUMN: Disregard the other person involved entirely, this is your inventory not theirs. Where was I to blame, before? during? after? What did I do? (ref. p.67-\$\mathscr{g}2)\$. • Look at the things you do to hold on to the resentment. • Look at things you do to protect yourself and how you look, I shun, I gossip, yell. • Stay focused on what you've seen so far in Column One thru the Realization as you write.
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The above <u>fears</u> drive the <u>delusions</u> , that result in the <u>attitude</u> that are behind the <u>actions</u> .
(ref. p.62-¶1 "driven by a hundred forms of fear, self-delusion, self-seeking and self pity [my attitude])
Consider if there are any other fears that should be on the fear list. Consider the opposite of each fear, if it applies add it to the list. Example: being alone/being committed? failing/succeeding? (ref. p.68-\$\mathscr{I}\text{1-L1}\text{ "We put them on paper, even though we had no resentment in connection with them.")}
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