

FOURTH STEP INVENTORY

RESENTMENT PART

Read pg. 63:2-64:3

1. COLUMN ONE:

"We listed people, institutions and principals with whom we were angry." pg.64:3

Make a separate list for each category. Here are some examples of each category.

People: family members, former romantic relationships, friends, co-workers, employers, step one fellowship members, neighbors, famous people, historical people, a specific person **FROM** an institution or profession, i.e. a policeman, lawyer, doctor, dentist, IRS agent, priest, minister, rabbi, sponsor, teacher.

Institutions: banks, religions, marriage, utility companies, U.S. government, post office, military service branches, medical group practices, police departments, town governments.

Principals: morals, laws, tipping, 12 steps and traditions, "honesty is the best policy", The Ten Commandments, Love your neighbor as **yourself**, it is better to give than to receive.

2. Column Two:

Next to each name we list "why we were angry." pg. 64:3

Make the explanation short and to the point. If you feel you need to write about the situation to **UNLOCK** the reason you are resentful, turn the page over and write it on the back side. Then, summarize **THE** reason in **AS** few words as possible.

3. Column Three:

List WHICH areas of YOUR life WERE affected by this resentment.

- a. Self-esteem- How I see or feel about myself.
- b. Pride- How I think others see or feel about me.
- c. Personal **Security**- How secure I feel in this relationship and within myself.
- c. Ambition- What I really wanted from this person/institution/principal.
- d. Personal Relationships- How this person should feel about me and treat me.
- e. Sex relations- How this relationship has affected my sexual identity.
- f. Pocket book- How this relationship has affected my ability to make a decent **living**, affected my finances by stealing or borrowing money from me.

TURN AROUND

Looking at our part, which is the only way to freedom from this resentment.

1. Selfish-What did I want from this person/institution/principal
Why did I want this from them?

2. Self-seeking- What behaviors did I do to get what I wanted?

3. Dishonest- a. Direct lie

b. Lie of omission- what I needed to say to bring honesty to the situation, but didn't.

c. Lie I told myself

4. Fear: I was afraid of **(a.)** Not getting what I wanted.

b. Other people's opinion of me.

c. Financial insecurity.

d. Put whatever else you **FEARED**.