

4th step

REVIEW

RESENTMENT (pp.. 64-67)

1. Do you believe resentment is the "number one" offender? Do you believe it destroys you more than anything else? Do you believe that all forms of spiritual disease stem from resentment? (p. 64, par. 3)
2. Do you believe you have been not only mentally and physically ill, but spiritually sick as well? Do you believe that when the spiritual malady is overcome, you straighten out mentally and physically? (p. 64, par. 3)
3. Do you believe that in dealing with resentments you should set them on paper? Did you make a list for each resentment of people, institutions and principles with whom you were angry (Column 1)? Did you ask yourself why you were angry (Column 2)? In most cases did you find your self-esteem, pocketbook, ambitions, personal relationships, sex relationships, security or pride was hurt, threatened or interfered with (Column 3)? (p. 64, par. 3; p. 65, through example)
4. Were you usually as definite as the example? (p. 65, par. 2)
5. Did you go back through your life? Were you thorough and honest? When you were finished, did you consider it carefully? (p. 65, bottom par.)
6. Do you believe that it is apparent that the world and its people were often quite wrong? And to conclude that others were wrong was as far as you ever got? (p. 66, top par.)
7. Was the usual outcome that people continued to wrong you and you stayed sore? Do you believe that the more you fought and tried to have your own way the worse matters got? (p. 66, top par.)
8. Is it plain to you that your life, when it includes deep resentment, leads only to futility and unhappiness? Do you believe that to the precise extent that you permit these resentments, that you squander the hours that might have been worthwhile? (p. 66, par. 1)
9. Is your hope the maintenance and growth of a spiritual experience? And do you believe that this business of resentment is infinitely grave? Do you believe it is fatal? Do you believe that when harboring such feelings, you shut yourself off from the sunlight of the spirit and the insanity of alcohol will return and you will drink again? Do you believe that with you to drink is to die? (p.66, par. 1)
10. Do you believe that if you are to live, you have to be free of anger? Do you believe that the grouch and the brainstorm are poison for you? (p. 66, par. 2)

11. Have you turned back to the list (what you have written) to find the key to the future? Are you prepared to look for the key to the future from an entirely different angle? (p. 66, par. 3)
12. Do you believe that the world and its people have really dominated you (for example - 3rd column)? Do you believe that in that state, the wrong-doing of others (2nd column), fancied or real, have the power to actually kill? Do you believe you can escape? Do you believe these resentments must be mastered? Can you wish them away (any more than alcohol)? p. 66, par. 3)
13. Have you realized that the people who wronged you were perhaps spiritually sick? Though you did not like their symptoms (2nd column), and the way they disturbed you (3rd column), do you believe they, like yourself, were sick too? (p. 66, par. 4 and p. 67, top par.)
14. Have you asked God to help you show them the same tolerance, pity and patience that you would cheerfully grant a sick friend? And when a person offends you, can you say to yourself, "This is a sick man, how can I be helpful to him? God save me from being angry. Thy will be done?" (p. 67, top par.)
15. Do you believe you must avoid retaliation and argument? And if you don't, you will destroy your change of being helpful? Do you believe God can show you how to take a kindly and tolerant view of each and everyone? (p. 67, par. 1)
16. Did you refer back to what you have written--putting out of your mind the wrongs others had done and resolutely looked for your own mistakes? Did you see where you had been selfish, dishonest, self-seeking and afraid (4th column)? (p. 67, par. 2)
17. Do you believe that though a situation had not been entirely your fault, you must try to disregard the other person involved entirely? Did you see where you were to blame? (p. 67, par. 2)
18. Do you believe that the inventory is yours, not the other person's? Do you believe that when you see your faults, you must list them and place them before you in black and white? (p. 67, par. 2)
19. Have you admitted your wrongs honestly and are you willing to set these matters straight? (p. 67, par. 2)