Review of Resentments

1. 2. 3.	principles with whom we were angry (complete column 1 from top to bottom. Do nothing on columns 2, 3 or 4 until column 1 is complete). We asked ourselves why we were angry (complete column 2 from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete). 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			(\ cial tinct		AFF	S	S MY	Column 4-A What did I do (or not do) that contributed to the situation?	Column 4-B What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings?						
4.	with? (complete each column within column 3 from top to bottom, starting with the self-esteem column and finishing with the sexual ambitions column. Do nothing on column 4 until column 3 is complete). Referring to our list again, putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. What had we done to contribute? Where had we been selfish, dishonest, self-seeking, frightened or inconsiderate? (Asking ourselves the above questions, we complete columns 4-A and 4-B). 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 our wrongs and the defects within us that allowed the resentment to surface and		Self-esteem	Personal relationships	Material	Emotional	Acceptable sex relations	Hidden sex relations	Social	Security	Sexual		Selfish	Dishonest	Self-seeking & frightened	Inconsiderate
	block us from God's will (colum Column 1 I'm resentful at:			ships			ations	ions							ntened	
1																
2																
3																
4																
5																
6																
7																
8																