Review of Resentments

Complete each column from top to bottom. Do nothing on the following columns until each column is complete.

1. In dealing with resentments we set them on paper. We listed people, institutions or principles with whom we were angry
2. We asked ourselves why we were angry. Complete column 2 from top to bottom.
3. On our grudge list we set opposite each name our injuries. Was it our self-esteem, security, ambitions, personal or sex relations which had been interfered with? Complete each column within column 3 going from top to bottom.
4. Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes Where had we been selfish, dishonest, self seeking and frightened and inconsiderate?
5. Reading from left to right we now see the resentment, why I have the resentment, the part of self that caused the resentment and the exact nature of the defect within us that allowed the resentment to surface and block us off from God's will.

	Column 1 - I'm resentful at:	Column 2 - The Cause:	"SELF" Column 3 — Affects My (Which part of self is affected?)									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	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self Seeking & Frightened	Inconsiderate
1															
2															
3															
4															
5															
6															
7															
8															
9															
10															