

4th Step Format

From the AA "Big Book"

Resentment Inventory

EXAMPLE

I AM RESENTFUL AT?	THE CAUSE OR WHY WE WERE ANGRY?	AFFECTS MY?	WHERE HAD WE BEEN: SELFISH, DISHONEST, SELF SEEKING, OR FRIGHTENED
(People, Principles, Institutions - include your complete grudge list and names of things you are angry at)	(Read top of page 65: "So we were sore. We were 'burned up'.")	(Self Esteem, Personal or Sex Relations, Pride, Security, Ambitions, Pocketbook)	
Examples:			
My Father	He drank too much. Embarrassed me.	Self Esteem, Personal Relationships, Pride, Security, Ambitions, Pocketbook	Afraid
My Wife	She left me and said she did not love me.	All of the above plus Sex	Selfish, Dishonest, Self Seeking, Frightened

4th Step Prayer (p.67): "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

Resentment = To re-feel a grudge. A feeling of indignant displeasure or persistent ill will toward someone we regard as having offended or injured us in the past.