List: 1 (Resentments)

4th Step Inventory

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Column 1 *(Big Book: 3rd Ed. Pg. 65)*	**Column 2** *(Big Book: 3rd Ed. Pg. 65)*	**Column 3** *(Big Book: 3rd Ed. Pg. 65)*						**Column 3A** (This Column Not In the Big Book)	**Column 4** *(Big Book: 3rd Ed. Pg. 67, 68, & 69)*	**Column 5** *(Big Book: 3rd Ed. Pg. 67 & 69)*		
I Am Resentful At: *(First Names, Last Initial)*	**The Cause / Situation:** *(Fancied - imagined) or Real)*	**Which Affects / Threatens My:** *(Injuries)*						**Which Caused These Feelings:** As a result of being injured, I felt...	**What I Did:** *Putting out of our minds the wrongs of others...*	**The Exact Nature Of Our Wrongs:** *(That is, if "What I Did" was wrong)*		
People, Principles, or Institutions	*We asked ourselves why we were angry.*	**Ambitions**						Before you look to the "List of Feelings" sheet, make an attempt to purge your memory of the feelings that you had at the time of the incident in (Column 2). Searchingly, list as many as apply to each situation.	**1A)** List **"What I Did"** with respect to how I may have responded or reacted to the cause/situation (column 2). **1B)** List **"What I Did"** with respect to those prior thoughts and/or actions that may have "set me up" for this resentment . **2)** *...and what should we have done instead?*	***Self-Seeking,*** ***Selfish / Inconsiderate***	***Dishonest***	***Frightened***
		Status		**Security**		**Sex**						
		Self Esteem	Personal Relationships	Material	Emotional	Procreation And / Or Pleasure	Hidden Agenda					
									1A) 1B) 2)			