**4TH STEP**

**RESENTMENTS** (BIG BOOK METHOD)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| I’m resentful at: | The Cause | Affects my: | What was my part? | Character Defects |
| Name of person, institution, or principle |  | -self-esteem -security - emotional-security - financial-ambitions-personal relations-sex relations [also give brief explanation as to how this is affected)(NOTE: indicate fear in parentheses if fear underlies the resentment) | Setting aside everything this person did to hurt me, is there any harm I caused him or her? Where had I been selfish, self-seeking, dishonest, frightened or inconsiderate? Where was I to blame? How did I set the ball rolling? Is there anything that I’m mad at myself about here? | (Don’t do this column until Step 6) |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |