**4TH STEP**

**RESENTMENTS** (BIG BOOK METHOD)

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| --- | --- | --- | --- | --- |
| 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) |
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