

RESENTMENTS

1.

SET UP SOME UNINTERRUPTED TIME.

RECITE THE THIRD STEP PRAYER.

ASK GOD TO HELP YOU LIST YOUR NAMES.

GO BACK AND LIST ALL THE NAMES OF PEOPLE, INSTITUTIONS, AND PRINCIPLES YOU HAVE HAD RESENTMENT TOWARD IN YOUR LIFE.

JUST LIST NAMES AND DON'T LIST WHY YOU HAD THE RESENTMENT. YOU WILL WORK ON THAT WHEN YOU ARE DONE YOUR LIST.

TRY TO WORK ON THIS DAILY EVEN IF YOU ONLY LIST A FEW NAMES THAT DAY.

THANK GOD AT THE END OF EACH SESSION FOR HIS HELP.

RESENTMENT CAUSES
(KEEP SHORT AND TO THE POINT)

3.

EXAMPLES

SNUBBED ME

DIDN'T LIKE ME

CUTTING IN LINE

LIED TO ME

FAKED BEING SICK

CHEATS IN SPORTS

CONCEITED

KNOW IT ALL

NOT JOINING UNION

CHASING AA FEMALES

WASTING PARENTS MONEY

YELLED AT ME

CALLED ME MISS

TAKING AA MONEY

FLIRTED WITH LAURA

LOUD AT RETREAT

THIRTEEN STEPPER

ALWAYS LATE

BULLYING ME

BUTTON PUSHING

EMBARASSING MY PARENTS

ATTENTION GETTER

TALKS TOO LONG AT AA

KNOCKED ME OUT

RESENTMENT AFFECTS

4.

PERSONAL RELATIONS (PR) HOW YOU ACT OR REACT
THEM OR OTHERS BECAUSE OF THIS RESENTMENT

SEX RELATIONS (SR)(F) HOW THIS RESENTMENTS
AFFECTS YOU SEX CONDUCT

SELF-ESTEEM (SE)(F) HOW YOU FEEL ABOUT YOUR
SELF BECAUSE OF THIS RESENTMENT

FINANCIAL SECURITY (\$)(F) HOW THIS RESENTMENT
AFFECTS YOUR FINANCES

EMOTIONAL SECURITY (ES)(F) HOW THIS RESENMENT
AFFECTS YOUR PERSONAL WELL-BEING

PHYSICAL SECURITY (ES)(F) HOW THIS RESENTMENT
AFFECTS YOUR PHYSICAL WELL-BEING

AMBITION (AM)(P) HOW THIS RESENTMENT AFFECTS
YOUR DRIVE FOR SUCCESS

(F) FEAR AND(P) PRIDE COULD BE INCLUDED IN ANY OF
THESE CAUSES (YOUR DECISION) USE ABBREVIATIONS
IF YOU WANT AS LONG AS YOU UNDERSTAND WHAT
THEY REPRESENT!