

## RESENTMENTS

**Do not be restricted by this list. It is just to help you get started. List your resentments on the next pages.**

### PEOPLE

Father  
Mother  
Boy Friends/Lovers  
Brothers  
Sisters  
Sponsors  
Employers  
A.A. Friends  
Acquaintances  
Aunts  
Best Friends  
C.A. Friends  
Childhood Friends  
Clergy  
Co-Workers  
Cousins  
Creditors  
Doctors  
Employees  
Girl Friends  
Husbands

In-Laws

Judges

Lawyers

Life-long Friends

Parole Officers

Police

Probation Officers

School Friends

Teachers

Uncles

Wives

### INSTITUTIONS

Authority

Bible

Child Protection

Church

Correctional System

Education System

Government

Law

Marriage

Health/Mental Health System

Nationality

Philosophy

Races

Religion

Society

### PRINCIPLES

Adultery

Death

God-Deity

Golden Rule

Heaven

Hell

Homophobia

Jesus Christ

Life After Death

Original Sin

Retribution

Satan

Seven Deadly Sins

Sin

Ten Commandments

**MORE from your experience!**

## Step Four *Resentments Checklist Column 4\**

*“Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened?”*

### **SELFISH**

- Not seeing others point of view, problems or needs
- Wanting things my way
- Wanting special treatment
- Wanting others to meet my needs—dependence
- Wanting what others have
- Wanting to control—dominance
- Thinking I'm better—grandiosity
- Wanting to be the best
- Thinking others are jealous
- Wanting others to be like me
- Being miserly, possessive
- Wanting more than my share
- Reacting from self loathing, self righteousness
- Too concerned about me
- Not trying to be a friend
- Wanting to look good or be liked
- Concerned only with my needs

### **DISHONEST**

- Not seeing or admitting where I was at fault
- Having a superior attitude—thinking I'm better
- Blaming others for my problems
- Not admitting I've done the same thing
- Not expressing feelings or ideas
- Not being clear about motives
- Lying, cheating, stealing
- Hiding reality—not facing facts
- Stubbornly holding on to inaccurate beliefs
- Breaking rules
- Lying to myself
- Exaggerating, minimalizing
- Setting myself up to be “wronged”
- Expecting others to be what they are not
- Being perfectionistic

### **SELF SEEKING**

- Manipulating others to do my will
- Putting others down internally or externally to build me up
- Engaging in character assassination
- Acting superior
- Acting to fill a void
- Engaging in gluttony or lusting at the expense of another person

- Ignoring others' needs
- Trying to control others
- Getting revenge when I don't get what I want
- Holding a resentment
- Acting to make me feel good

### **FRIGHTENED (OF)**

- Peoples' opinions
- Rejection, abandonment
- Loneliness
- Physical injury, abuse
- Not being able to control or change someone
- My inferiority, inadequacy
- Criticism
- Expressing ideas or feelings
- Getting trapped
- Exposure, embarrassment



## FEARS

**Do not be restricted by this list. It is just to help you get started. List your fears on the next pages**

abandonment	flying	needing anyone
aging	fourth & fifth steps	not being good enough
anger	future, the	not being happy
authority figures	getting fat or thin	not being liked
being alone	God	not being perfect
being deceived	going home	people (specify who)
being found out	going out on a “whim”	police, the
being myself	having children	poverty
change	homelessness	procrastination
compliments	homosexuality	rape
confrontation	honesty	rejection
creditors	humiliation	relationships
death	hurting others	resentments, my
denial, my	I’m a fraud and others will find out	responsibility
disapproval	incarceration	risks
disease	intimacy	saying that I can’t do something
divorce	IRS, the	sex
embarrassment	letting go	sponsor, my
employment	living	success
facing myself	loneliness	unemployment
failure	losing hope	unknown, the
fear	love	violence
feelings	mediocrity	work
financial insecurity	money	

*Search your own experience for other fears..*

### Instructions for Completion

### REVIEW OF FEARS

**Complete column 1 from top to bottom before proceeding to the next column. Ask yourself whether the fear is a problem in your life. Be realistic. Discuss significant fears, not theoretical or imaginary fears.**

Column 1 *We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them.*

Column 2 *We asked ourselves why we had them.*

COLUMN 1

COLUMN 2

	I'm FEARFUL of:	Why do I have the fear?
1		
2		
3		
4		
5		
6		
7		
8		

## Step Four Sex Conduct Checklist\*

### Column 1 checklist (*We reviewed our sex conduct over the years past. Whom had we hurt?*)

- Her, him, family, friends, co-workers, etc.
- Me with guilt or shame
- Infecting him/her a sexually transmitted disease
- Involving him/her in legal proceedings
- Embarrassing him/her
- How did I cause the hurt?

### Column 2 checklist (*Where had we been selfish, dishonest or inconsiderate?*)

#### SELFISH

- Using him/her to meet my needs for sex, attention, approval, mothering, or fathering
- Not seeing him/her needs or problems
- Wanting to look good or be liked
- Taking out my emotions on him/her (anger, sadness, etc.)
- Wanting to control him/her
- Wanting special treatment
- Wanting him/her to take care of me
- Wanting more than my share
- Not trying to be a friend

#### DISHONEST (to me or others)

- Leading someone on—saying I care for him/her more than I do because I want sex
- Not admitting my sexual orientation
- Thinking I'm better (grandiosity)
- Being perfectionistic
- Not being clear about my motive (wanting fathering, mothering, approval, approval, or sex)
- Wanting to vent my emotions on or control him/her
- Cheating on him/her

#### INCONSIDERATE

- To her, him, family, friends, co-workers, etc.
- Putting others or myself at risk of disease, legal involvement, and embarrassment
- How I was inconsiderate?

### Column 3 checklist (*Did we unjustifiably arouse jealousy, suspicion or bitterness*)

#### JEALOUSY:

- Of her, him, family, friends, co-workers, etc.
- How did I cause jealousy (tricking, flirting, also see *Suspicion*, below)?

#### SUSPICION:

- Of her, him, family, friends, co-workers, etc.
- How did I cause suspicion (lying, flirting, tricking, coming home late, etc.)?

#### BITTERNESS:

- About her, him, family, friends, co-workers, etc.
- About me (guilt, shame)
- How did I cause bitterness?

### Column 4 (*Where was I at fault?*)

- Was I selfish, self seeking, dishonest or fearful, thoughtless, uncaring?

### Column 5 (*What should I have done instead?*)

- Not used the person
  - Respected him/her
  - Tried to be a friend
  - Been candid and open
  - Cared about him/her
  - Treated him/her as I would have wanted to be treated
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