

STEP 10 WORKSHOP WORKSHEET

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5	COLUMN 6
WHO <i>People, Institutions or Principles whom I am angry.</i>	WHAT IS THE CAUSE <i>I ask myself why I am angry, what did they do to me to cause the anger?</i>	AFFECTS <i>On my grudge list I set opposite each name my injuries. Was it my... self-esteem, my security, my ambitions, my personal or sex relations which had been interfered with?</i>	WHAT DID I DO <i>Putting out of mind the wrongs others have done, I resolutely look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so.</i>	DEFECTS <i>* Selfish * Dishonest * Self-Seeking and Frightened * Inconsiderate Which of the above character defects caused me to do what I did or cause me to want to hold on to the old resentment, even though I may have done nothing to cause it</i>	WHAT IF GOD WERE TO COME INTO THIS SITUATION?