

**RESENTMENTS:** We were usually as definite as this example: (p. 65, A.A. 4th Edition)

Column 1	Column 2	Column 3	Column 4 (Blocks)	Column 5 (Power)
<p><b>People, Institutions &amp; Principles</b></p> <p>Towards whom am I angry?</p>	<p><b>The Cause</b></p> <p>Why am I angry?</p>	<p><b>This affects, threatens, hurts or interferes with my...self-esteem, security, ambitions pocket book, relationships (including sex)</b></p>	<p><b>Where am I at fault? Where am I to blame? What are my mistakes? How does self-reliance fail me?</b></p> <p><i>Identify character defects, liabilities, shortcomings, blocks i.e. false pride, lust jealousy, dishonesty, envy, greed, fear, sloth, selfishness, impatience, irresponsible, hate</i></p>	<p><b>How can I set matters straight?</b></p> <p><i>Identify assets to strive for i.e. humility, trust, intimacy, honesty, contentment, generosity, love, faith, courage, zeal, forgiveness, unselfishness, patience, responsible</i></p>

**FEARS:** We were usually as definite as this example:

Column 1	Column 2	Column 3	Column 4 (Blocks)	Column 5 (Power)
<p><b>People, Institutions &amp; Principles</b></p> <p>Who or What am I afraid of?</p> <p>What am I afraid of losing or not getting?</p>	<p><b>The Cause</b></p> <p>Why am I fearful?</p>	<p><b>This affects, threatens, hurts or interferes with my...</b></p> <p>self-esteem, security, ambitions pocket book, relationships (including sex)</p>	<p><b>Where am I at fault? Where am I to blame? What are my mistakes? How does self-reliance fail me?</b></p> <p><i>Identify character defects, liabilities, shortcomings, blocks i.e. false pride, jealousy, lust, dishonesty, envy, greed, fear, sloth, hate, selfishness, impatience</i></p>	<p><b>What should I have done instead?</b></p> <p><i>Identify assets to strive for i.e. humility, trust, intimacy, honesty, contentment, generosity, love, faith, courage, zeal, forgiveness, unselfishness, patience</i></p>

**HARMFUL CONDUCT (Including SEX):** We were usually as definite as this example:

Column 1	Column 2	Column 3	Column 4 (Blocks)	Column 5 (Power)
<p><b>People, Institutions &amp; Principles</b></p> <p>Whom have I hurt?</p>	<p><b>How did I harm them? What did I unjustifiably arouse:</b></p> <p>Jealousy? Suspicion? Bitterness?</p>	<p><b>What did I affect, threaten, hurt or interfere with? (About them)</b></p> <p>Self-esteem, security, ambitions pocket book, relationships (including sex)?</p>	<p><b>Where am I at fault? Where am I to blame? What are my mistakes? How does self-reliance fail me?</b></p> <p><i>Identify character defects, liabilities, shortcomings, blocks i.e. false pride, jealousy, lust, dishonesty, envy, greed, fear, sloth, hate, selfishness, impatience</i></p>	<p><b>What should I have done instead? How can I set matters straight?</b></p> <p><i>Identify assets to strive for i.e. humility, trust, intimacy, honesty, contentment, generosity, love, zeal, forgiveness, unselfishness, patience</i></p>

Appendix IV - **MY RESENTMENTS**: Use one sheet per resentment.

*Come prepared to admit to God, to ourselves, and to another human being the exact nature of our wrongs.*

**Column 1:** Towards whom am I angry? A Person? An Institution? or a Principle?

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**Column 2:** Why am I angry?

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**Column 3:** This affects, threatens, hurts or interferes with my... (Circle all that apply)

Self-esteem      Security      Ambitions      Pocketbook (Money)      Relationships      Sex

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**Column 4:** Where am I at fault? Where am I to blame? What are my mistakes? *Identify causes and conditions, defects of character, short-comings, flaws in our make-up, the root of our troubles, the bondage of self.*

**Selfish & Self-Seeking:** What was my motive? What did I want? What keeps me tied to this resentment?

**Fear:** What Am I afraid of losing or not getting?

List and explain other defects of character? (i.e. false pride, arrogance, self-loathing, impatience, greed, laziness, lust, dishonesty, irresponsibility, blaming, enabling, etc.)

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**Column 5:** What should I have done instead? How can I set these matters straight? What is God's will for me today? *Invert character shortcomings into spiritual principles. i.e. Selfish becomes Unselfish. Hatred becomes Love & Forgiveness, Fear becomes Faith & Courage, Arrogance/Self-Pity becomes Humility.*

Appendix V - **MY FEARS:** Use one sheet per fear.

*Come prepared to admit to God, to ourselves, and to another human being the exact nature of our wrongs.*

**Column 1:** Who or what Am I afraid of? *i.e. rejection, failure, authority, no control, poverty, success, etc.*

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**Column 2:** Why Am I fearful?

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**Column 3:** Fear affects, threatens, hurts or interferes with my... (Circle all that apply)

Self-esteem      Security      Ambitions      Pocketbook (Money)      Relationships      Sex

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**Column 4:** Wasn't it because self-reliance failed us? *Identify causes and conditions, defects of character, shortcomings, flaws in our make-up, the root of our troubles, the bondage of self.*

Selfish & Self-Seeking: What was my motive? What did I want? What am I afraid of losing or not getting? *i.e. recognition, validation, success, money, reputation, etc.*

What other fears arise out of this fear? *i.e. I fear rejection because I fear I am not worthy of love.*

List and explain other defects of character? (i.e. false pride, arrogance, self-loathing, impatience, greed, laziness, lust, dishonesty, irresponsibility, blaming, enabling, etc.)

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**Column 5:** What should I have done instead? How can I set these matters straight? What is God's will for me today? *Invert character shortcomings into spiritual principles. i.e. Selfish becomes Unselfish. Hatred becomes Love & Forgiveness, Fear becomes Faith & Courage, Arrogance/Self-Pity becomes Humility.*

Appendix VI - ALL HARMS INCLUDING SEX HARMS: Use one sheet per harm.

*Come prepared to admit to God, to ourselves, and to another human being the exact nature of our wrongs.*

**Column 1:** Whom have I hurt?

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**Column 2:** What did I unjustifiably arouse? jealousy, suspicion, bitterness, worry, fear, etc.?

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**Column 3:** How did I affect, threaten, hurt or interfere with their... (Circle all that apply)

Self-esteem      Security      Ambitions      Pocketbook (Money)      Relationships      Sex

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**Column 4:** Where Am I at fault? Where am I to blame? What are my mistakes? *Identify causes and conditions, defects of character, short-comings, flaws in our make-up, the root of our troubles, the bondage of self.*

Selfish & Self-Seeking: What was my motive? What did I want?

Fear: What Am I afraid of losing or not getting?

List and explain other defects of character? (i.e. false pride, arrogance, self-loathing, impatience, greed, laziness, lust, dishonesty, irresponsibility, blaming, enabling, etc.)

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**Column 5:** What should I have done instead? How can I set these matters straight? What is God's will for me today? *Invert character shortcomings into spiritual principles. i.e. Selfish becomes Unselfish. Hatred becomes Love & Forgiveness, Fear becomes Faith & Courage, Arrogance/Self-Pity becomes Humility.*