## RESENTMENTS

(Angry, Hurt, Threatened, Grudge, Burned Up, Sore List)

	INSTRUCTIONS FOR COMPLETION			"SELF"												
Inst	truction 1	on 1 "In dealing with resentments we set them on paper. We listed people, institutions or principles with whom we were angry." (Complete			COLUMN 3							COLUMN 4				
		Column 1 from top to bottom. (Do nothing on Columns 2, 3, or 4 until Column 1 is complete.)  n 2 "We asked ourselves why we were <b>angry</b> . In most cases it was found that our self-esteem, our pocketbook, our ambitions, our personal									Which part of self caused the harm?					
Inst	truction 2			What part of self was threatened?												
		relationships (including sex) were hurt or threatened. So we were sore. We were "burned up". On our grudge list we set opposite							_		A		What is the exact nature of my wrongs, faults,			
		each name our injuries. (Complete Column 2 from top to bottom.Do nothing on Col. 3 or 4 until Col. 2 is complete					Security		Sex Instincts		Ambitions		mistakes, defects,			
Inst	truction 3	n 3 "On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal or sex relations" relations which had been interfered with? (Complete each column within Column 3 going from top to bottom. Starting with the Self-esteem Column and finishing with the Sexual Ambitions Column. Do nothing on Column 4 until Column 3 is complete.)		inst	incts Insti		incts	ts instir		cts			shortcomings:			
								s							g	
Instruction -		14 "Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where			sd			tion	<b>(</b> 0						tene	
		had we been selfish, dishonest, self-seeking, and frightened and inconsiderate? (Asking ourselves these questions we complete			Personal Relationships			Sex Relations	Hidden Sex Relations						Frightened	
		Column 4.)						eX EX	Rela						∞ర	43
Inst	truction 5	Reading from left to right we now	Resentment (Col.1), the Cause (Col. 2), the part of self that had been affected (Column3),	E	Rel			le S	ex F						ing	rate
		and the exact nature of the defect within us that caused the "feelings which shut us off from the sunlight of th <b>Spirit"</b> (Column 4).		Esteem	nal	<u>iā</u>	Emotional	Acceptable	S L	_	Ίţ	<u>—</u>	Ч	Dishonest	Seeking	Inconsiderate
		column 1 'm Resentful at:	COLUMN 2 The Cause:	Self	ersc	Material	mot	less	idde	Social	Security	Sexual	Selfish	ishc	Self S	Icon
	<u> </u>	m Resentiul at:	The Cause:	S		≥	Ш	A	エ	S	S	S	S		S	
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