

RESENTMENT: Do the following for each resentment:

1. What is the resentment? _____
2. What is the reason I have it? _____
3. What's my part in the resentment? _____
4. Look for underlying fear. _____
5. What is it that I am expecting from that person? _____

FEAR: List your fears.

We asked ourselves why we had them.

1. _____
2. _____
3. _____
4. _____

LIABILITY: Ask the following questions: (except resentment & fear)

1. Do you have any _____ (self-pity)?
2. Who was effected by _____ (by self-pity)?

The list of LIABILITIES is from Clarence Snyder, AA pioneer, Dr Bob Smith (AA co founder) was His sponsor.

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|------------------------------------|---------------------------------------|
| __Self-Pity | __Envy |
| __Self-Justification | __Laziness |
| __Self-Importance (Egotism) | __Procrastination |
| __Self-Condensation (Guilt) | __Insincerity |
| __Dishonesty (Lying & Evasiveness) | __Negative Thinking |
| __Impatience | __Immoral Thinking |
| __Hate | __Intolerance (Perfectionism) |
| __False Pride (Phoniness & Denial) | __Criticizing and Gossip (Loose Talk) |
| __Jealousy | __Greed (Gluttony) |

If not covered above, the thing you thought you would never tell anyone:

Don't be concerned if you have a lot of them.
We ask God to remove them in Step Seven.

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Resentment - Hanging on to injury or anger; Refusing to accept what has already been done.

Fear - Holds us back from doing worthwhile things. Healthy fear helps avoid danger. Courage is fear that has said its prayers. Everything we do is done out of love or fear. (Love is positive things; fear is negative things.)

Self-Pity - "Poor me" attitude; Thinking like a victim. Holds us back from doing something positive about our situation, like taking the Steps today.

Self-Justification - Defending ourselves rather than admitting our faults. Prevents taking an honest inventory.

Self-Importance - Putting ourselves first. Self-centeredness. Sometimes shyness comes out of it because we are focused on ourselves rather than others.

Self-Condensation (Guilt) - Putting ourselves down; Condemning what God has made. Bad self talk.

Dishonesty (Lying & Evasiveness) - To others and to ourselves. Stealing or cheating. Pretending that things are different than they are; this keeps us from coping with life (unrealistic).

Impatience - Wanting what I want when I want it; expecting too much too soon. Refusal to surrender self-will (impatience with others). Remember how long it took us to get this way.

Hate - Continued anger, murderous feeling toward someone. Extremely strong dislike toward someone. Prejudice or hate for a group. Continued resentment leads to hate.

False Pride (Phoniness & Denial) - Doing things for appearance rather than effectiveness. Trying to make other people think we are better than we are. Why am I afraid to tell you who I am?

Won't ask for help. Pride is a character defect that causes shame because we are ashamed of how things are. Pride causes self-condemnation. Pride causes feelings of guilt.

Jealousy - Fear of losing someone or something. Leads to anger or hatred toward anyone who threatens our claim to someone or something; Possessiveness. Jealousy is related to fear.

Envy - Wanting what someone else has and thinking how to get it. Envy is related to greed.

Laziness - Unwilling to work. Undisciplined.

Procrastination - Putting things off. Leaves burdens on others. Energy drain.

Insincerity - Putting up false front; People pleasing. Two-faced and deceitful. Hypocritical; Acting like we care when we don't.

Negative Thinking - Dwelling on why things can't work. Pessimistic attitude. Discouraging others.

Immoral Thinking - Lust, use of pornography. Sexual perversion, adultery, fornication, witchcraft, devil worship.

Intolerance (Perfectionism) - Never being satisfied with a result (nothing is ever good enough). Expecting too much of others and of ourselves.

Criticizing and Gossip (Loose Talk) - A fault-finding attitude. Repeating criticism of others. Malicious or careless gossip. Never criticize another person until you have walked a mile in that person's shoes.

Greed (Gluttony) - Wanting more than our share. A selfish motive. We can deceive ourselves into thinking we are doing a service rather than doing it for ourselves.