

12 Steps On The PATH To Freedom

November 4, 2025

Assignments 17 –Step Four: Resentments – Column 4 Worksheet

1. Read and highlight the final paragraph on resentment on page 67 of the Big Book. Review Column 4 worksheet -(attached & revised), which asks these five questions from Big Book, page 67, as well as others, to help see the truth of the source of our resentments.
2. Complete three of the Step Four Resentment Worksheets - Column 4. Do it on the first three people you used when completing the Column 3 Worksheets. Pay attention to the definitions and comments on the "sample" worksheet. They will guide you. Continue on with the Step Four Resentment Worksheets - Column 4. Do you perceive where you are responsible, why you are hanging on to this resentment and what you get out of playing victim? **This is not about self-blame. It is about taking responsibility for your feelings of anger. It is about accepting reality as it is. Your re-action is the problem!**

3. Look up "forgiveness" and write out the definition _____

OPTIONAL Reading:

- 12 Steps to Spiritual Awakening - Enlightenment for Everyone : pages 97-99
- Practicing the Here and Now - Chapter 4, pages 79-80
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 53-55