

# 12 Steps On The PATH To Freedom

#14 ~ October 14, 2025

## 4TH STEP DEFINITIONS

### Resentments

#### RESENTMENT

'Re-live' / a persistent feeling of ill will and suppressed anger caused by a sense of an injustice, insult, injury, offense, or wrong done.

#### SELF-ESTEEM

Self-respect / self-confidence / how one views, thinks, or feels about oneself.

#### SECURITY / POCKETBOOK

Basic desire for money, property, possessions, etc. Anything to do with one's personal finances.

#### AMBITIONS

Goal / aim / desire to gain or accomplish a particular outcome.

#### PERSONAL RELATIONS

One's relations with other people

#### SEX RELATIONS

One's conduct and feelings relating to sex and intimacy. Basic drive for sexual intimacy.

#### SELFISH

Concerned primarily or only with oneself / self-absorbed / self-centered / self-serving / self-seeking / egotistic.

#### DISHONEST

Behaving or prone to behave in an untrustworthy or fraudulent way. Characterized by lack of truth, honesty, or trustworthiness.

#### SELF-SEEKING

Seeking or pursuing only for oneself / the act or practice of selfishly advancing one's own desires and goals.

#### FRIGHTENED

The feeling of fear. Afraid or anxious. Worried that something undesirable will occur or be done.

#### PRIDE

Excessively high opinion of oneself / conceit / arrogance. Sense of one's own proper dignity or value / self-respect. Satisfaction taken in one's work, achievements, or possessions.

#### FEAR

Agitation, alarm, anxiety, or dismay in the anticipation of, or in the presence of danger, pain, or disaster / negative imagination / dread / apprehension.