

12 Steps On The PATH To Freedom

#14 ~ October 14, 2025

Assignments 14 –Step Four: Resentments – Column 2

Reminder: resentment is anger that is felt and re-felt. If you are still angry (annoyed, irritated), it is resentment.

1. Look at each name on your list and ask why you are angry. Look at the Big Book (BB) on page 65 for examples or the Grudge List .

Take a new page and write down the first person you have listed in Column 1 as someone you are resentful at that person. List the causes of why you are **angry** (see how it is done for Mr. Brown in the Big Book). If the person did something once, put down one reason; twice, put down two reasons; etc. Use a, b, c, etc. for causes. Each can be chronologically and qualitatively different. (I had A-Z for my father.) Use BB page 65 as a model, i.e., be succinct.

2. LISTEN/WATCH (NOTE: same as last week): Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE

STEP FOUR: RESENTMENTS: Overview & Purpose/ Column One & Two ([SESSION 24 CLICK HERE](#))

<https://www.youtube.com/watch?v=YEqYcGe8aQ>

**OPTIONAL
WORK**

- Twelve Steps to Spiritual Awakening - Enlightenment for Everyone : pages 91-92
- Practicing the Here and Now - Being Intentional with Step 11: Chapter 4, pages 76