

12 Steps On The PATH To Freedom

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#16 ~ October 28, 2025

Step Four: Resentments – Column 4 Worksheet

1. Look at your list of resentments (persons) and check off your **deep resentments**.
2. Read and highlight material about deep resentments from pages 66 to 67 in the Big Book down to paragraph 3 starting with "Referring to our list again ..."
3. Construct a prayer of your own for the removal of and freedom from, resentments from your head/heart/gut. Use the "Prayer for Freedom of Resentments" (Attached/Pg. 2) as a model.
Remember – you are praying for your healing.
4. Pray your prayer for removal from yourself, of resentment for each person with whom you have your **deep** resentments - every day: (8 resentments = 8 prayers.) It is suggested you do this on your knees to get your full attention each morning until you know in your inner most being that the resentment has been removed. Cross this resentment off.

It may take days, weeks or months for the first resentment to be lifted. This is normal with the deep resentments.

5. Continue to complete the Column 3 worksheets.

**OPTIONAL
WORK**

- Twelve Steps to Spiritual Awakening – Enlightenment for Everyone : pages 94-97
- Practicing the Here and Now – Being Intentional with Step 11: Chapter 4, pages 77-79
- Twelve Step Guide to Using the Alcoholics Anonymous Big Book: pages 51-52