

RESENTMENTS

| Column 1 | Column 2 | Column 3 | Column 4 |
|--|---|---|--|
| <p>p 64 "In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry."</p> | <p>p 64 "We asked ourselves why we were angry."</p> | <p>p 64-65 "We asked ourselves why we were angry.....On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with?"</p> | <p>p 67 "Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's."</p> |
| I'm resentful at: | The Cause | Affects My: (What part of self was hurt or threatened?) | Where was I to blame? |
| <p>List the names of people Institutions or principles with whom we were angry.</p> | <p>Why am I angry?</p> | <p>Self Esteem Pocketbook Ambitions Personal Relations Sex Relations</p> | <p>Selfish Dishonest Self-Seeking Frightened</p> |
| | | | |

FEARS

| Column 1 | Column 2 | Column 3 | Column 4 |
|--|--|---|--|
| <p>p 68: "We reviewed our fears thoroughly . We out them on paper, even though wqe had no resentment in connection with them."</p> | <p>p 68: "We asked ourselves why we had them."</p> | <p>p 68: "Wasn't it because self-reliance had failed us?"</p> | <p>p 68: "We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear</p> |
| <p>What Am I Afraid Of? I am fearful of</p> | <p>Why do I have the fear? (Why am I afraid?)</p> | <p>Self-reliance- yes/no</p> | <p>We ask for the fear to be removed</p> <p>"Perhaps there is a better way-we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity. We never apologize to anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness. Paradoxically, it is the way of strength. The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear."</p> |

SEX CONDUCT

| Column 1 | Column 2 | Column 3 | Column 5 | Column 6 | Column 7 |
|--|--|--|--|--|--|
| <p>p69 "Whom had we Hurt?"</p> <p>Name</p> | <p>p69 "Where had we been selfish, dishonest or inconsiderate?"</p> <p>Selfish Dishonest Inconsiderate</p> | <p>p69 " Did we unustifiably aroise jealousy, suspicion or bitterness?"</p> <p>Jealousy Suspicion Bitterness</p> | <p>p69 "Where were we at Fault?"</p> | <p>p69 "What should we have done instead?"</p> | <p>We ask God to Shape our Sex Ideal: p 69</p> <p>"In this way we tried to shape a sane and sound ideal for our future sex life. We asked God to hold our ideals and help us live up to them.... We asked God to mold our ideals and help us to live up to them. We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed..... To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing."</p> |