

Resentments (past events) Pages 64-67

Column 1	Column 2	Column 3	Column 4	Column 5	Column 6
I'm Resentful at:	The Cause:	Affects my:			
We listed people, institutions or principles with whom we were angry.	We asked ourselves why we were angry.	Which part of self was hurt or threatened?	Where had we been selfish, dishonest, self-seeking and frightened?	Where were we to blame? The inventory was ours, not the other man's.	How can I be helpful to him?
	Definitions of Terms used in Column 3: Self-esteem = What I think of myself. Security = Our basic need for money, food, job, place to live and emotional well being. Ambitions = The things we want. Goals and desires for the future. Personal Relationships = Relations with or toward other people. Sex Relations = Ambitions for sex. Appropriate and inappropriate. Pride = What I think others think of me.	Self-esteem Security Ambitions Personal Relations Sex Relations Pride Selfish Dishonest Self-seeking Frightened			Prayer from pg 67: "How can I be helpful to him? God save me from being angry. Thy will be done".