Start

The BIG BOOK'S Way to Be Rid of Resentment (BB pages 63 - 67)

INSTRUCTIONS:		Affects my: (3)						Don't Forget This	Core Character Defects (4)
Study from the bottom of page 63 to the end of page 65 and **then follow its instructions:** a) List all people, institutions and principles (Column 1) from **top to bottom.** b) List all "causes" (Column 2), **top to bottom.** c) Do all six instincts in Column 3 from **top to bottom for each "cause".** d) Consider the first three columns carefully. e) Then, complete Column 4 from **top to bottom.**		**Self-Esteem**	**Security (Pocket Book)**	**Ambitions**	**Personal Relations**	**Sex Relations**	**Is Any Fear Involved?**	**Study** from the bottom of page 65 to end of the 3rd paragraph on page 67, and **then** follow the instructions. *Go to* each person who has harmed you or someone and say " _____ is spiritually sick." Don't forget to say the Resentment Prayer (Lines 3-5, page 67), "God, please help me show _____ the same tolerance, pity and patience I would cheerfully grant a sick friend" for each and every person who has harmed you, themselves or someone else in Column 1 prior to starting Column 4.	"Putting out of our minds the wrongs others have done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? …disregard the other person involved entirely. Where were we to blame?...When we saw our faults we **listed** them. We placed them before us in **black and white**. We admitted our wrongs honestly and were willing to set these matters straight." (page 67)
I'm resentful at: (1)	**The causes: (2)**								
People, Institutions & Principles									
		√							
					√				
People, Institutions & Principles									
		√							
People, Institutions & Principles									
		√							

New Form | Instructions

Be Rid of Resentments

I'm resentful at:	The causes:	SE	PB	Am	PR	SR	Fr	Core Character Defects:
								Selfish
								Dishonest
								Self-seeking
								Frightened
								Selfish
								Dishonest
								Self-seeking
								Frightened
								Selfish
								Dishonest
								Self-seeking
								Frightened

Enable Next Column