

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

INSTRUCTIONS:		Affects my: (3)				DON'T FORGET THIS!	Core Character Defects (4)	
<p>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.</p>		Self-Esteem	Security (Pkt. Books)	Ambitions	Personal Relations	Sex Relations	Is any fear involved?	<p>"Putting out of our minds the wrongs others have done, [use fold lines to cover Columns 2 and 3] we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? . . . [D]isregard 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)</p>
I'm resentful at: (1)	The causes: (2)							

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.