

### Step 4 - Review of Resentments

Feelings of bitter hurt or indignation that come from rightly or wrongly held feelings of being injured or offended.

<b>I AM RESENTFUL AT:</b>	<b>THE CAUSE:</b>	<b>AFFECTS MY:</b>	<b>WHAT DID I DO?</b>	<b>WHERE HAD I BEEN:</b>
<p>List people, institutions, or principles with whom I am angry.</p>	<p>I ask myself why am I angry, what did they do to me to cause the anger?</p>	<p>On my grudge list I set opposite each name my injuries. Was it my self-esteem, my security, my ambitions, my personal or sex relations that had been interfered with?</p>	<p>Putting out of my mind the wrongs others have done, I look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances, which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so?</p>	<p>Selfish, dishonest, self-seeking and frightened, inconsiderate? Which of these character defects caused me to do what I did, or caused me to want to hold on to the old resentment, even though I may have done nothing to cause it?</p>