### Step 4 - Review of Resentments

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

<table>
<thead>
<tr>
<th>I AM RESENTFUL AT:</th>
<th>THE CAUSE:</th>
<th>AFFECTS MY:</th>
<th>WHAT DID I DO?</th>
<th>WHERE HAD I BEEN:</th>
</tr>
</thead>
<tbody>
<tr>
<td>List people, institutions, or principles with whom I am angry.</td>
<td>I ask myself why am I angry, what did they do to me to cause the anger?</td>
<td>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?</td>
<td>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?</td>
<td>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?</td>
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</tbody>
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