

**APPENDIX VI**  
**EXAMPLE: STEP FOUR – RESENTMENTS: FIRST LIST**  
List people, institutions, and principles with whom we were angry.

**List One: We listed people, institutions, or principles with whom we were angry, (hurt, threatened, interfered).**

1. Mr. Brown
2. Mrs. Jones
3. My employer
4. My wife
5. Neighborhood bully
6. Sibling
6. Mom
7. Dad
8. I.R.S.
9. High School
10. Church
11. Baseball Team
12. Political Organization
13. Social Organization
14. Winners never quit
15. Your material well-being is equal to your faith
16. Respect your elders
17. I'm unlovable
18. I am stupid
19. I am not good enough
20. Work my to heaven
21. Women always look for the next better man
22. Cheaters never prosper
23. God
24. Myself

Sample

**APPENDIX VI**  
**EXAMPLE: STEP FOUR – RESENTMENTS: SECOND LIST**  
**“We asked ourselves why we were angry.”**

**List Two: We asked ourselves why we were angry. What was the cause?**

1. Mr. Brown
  - a. His attention to my wife
  - b. Told my wife of my mistress
  - c. Brown my get my job at the office
2. Mrs. Jones: She's nut – she snubbed me. She committed her husband for drinking. He's my friend. She's a gossip.
3. My employer: Unreasonable – Unjust – Overbearing – Threatens to fire me for drinking and padding my expense account.
4. My wife: Misunderstands and nags. Likes Brown. Wants house put in her name
5. Neighborhood bully
6. Sibling
6. Mom
7. Dad
8. I.R.S.
  - a. Won't let me defend against their audit results
  - b. Garnished my wages
  - c. Sent armed agents to my home and embarrassed me in front of my neighbors
9. High School
10. Church
  - a. Told me I couldn't go to heaven if I drank alcohol or had sex before marriage
  - b. Told me I had to be good enough for God to love me
11. Baseball Team
12. Political Organization
13. Social Organization
14. Winners never quit
15. Your material well-being is equal to your faith
16. Respect your elders
17. I'm unlikable; unlovable
  - a. I don't try to be friends and push away good people
  - b. I reject people who try to give genuine affection
  - c. I substitute destructive, lustful acts and relationships dressed up as love
18. I am stupid
19. I am not good enough
20. Work my to heaven
21. Women always look for the next better man
22. Cheaters never prosper
23. God
  - a. Doesn't care about me, rejects and doesn't answer my prayers
24. Myself

Sample

**APPENDIX VI**

**EXAMPLE: STEP FOUR – RESENTMENTS: LIST THREE**

“On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been Interfered with?”

**List Three: 8 Forms of Self Affected**

**1. From List One: Name of Resentment, Hurt, Threat, Interference (People, Institutions, Principle)**

**2. From List Two: Cause: A.**

**SELF-ESTEEM (How I See and/or Feel about myself.)**

**POCKETBOOK: (How has Money, finances, profession, material well-being been affected?)**

**AMBITIONS: (What I Want and/or Wanted from the name in List One)**

**PERSONAL RELATIONS: (How my relationship with the name in List One or others was affected)**

**SEX RELATIONS: (How Intimacy in my relationship with the person in List One or others was affected)**

**SECURITY: (What I Need and/or Needed from the name in List One)**

**PRIDE: (How I want Others to See me and/or Know me, the double-life.)**

**FEARS: (Which Fears drove or are driving my need for Getting My Own Way [i.e. Playing God] in the affected 7 Forms of Self?)**

**Sample**

**APPENDIX VI**

**EXAMPLE: STEP FOUR – RESENTMENTS: LIST FOUR**

**“When we saw our faults we listed them. We placed them before us in black and white.”**

**List Four: We resolutely looked for our own mistakes. (Be Specific)**

**1. Where was I Selfish? (withholding, keeping; not giving or sharing) "I have it, you'll never get it."**

**2. Where was I Dishonest?**

**A. Self-Delusion: What are the Lies I tell myself?**

**B. Lies of Commission: Where was I dishonest with others by word and/or action? (Self-Delusion I express)**

**C. Lies of Omission: Where was I dishonest others by my silence or inaction? (Truth I Suppress)**

**3. Where was I Self-Seeking? (taking, stealing, demanding) "You have it, I need/want it, I am taking it no matter what?"**

**4. Where was I frightened? (What was the Fear which drove the Dishonesty, resulting in being selfish and/or self-seeking?)**

**5. What were the specific harms which resulted from these wrongs?**

**Sample**