

**APPENDIX VI**  
**EXAMPLE: STEP FOUR: RESENTMENTS – THIS WAS OUR COURSE**

**This Was Our Course pg. 66**

1. Where do I see how I was playing god so I could have my own way?

a. Self-Esteem: Have I ever asked how God wants me to see myself? Have I ever listened for the answer?

b. Pocketbook: Have I ever asked God, the Infinite source, to provide the resources I need (i.e. material, mental, emotional, spiritual)? Have I ever listened for the answer?

c. Ambitions: Have I ever asked God what God wants for me and others? Have I ever listened for the answer and do God's Will?

d. Personal Relations: Have I ever asked God what his role is for me in each personal relation? Have I ever listened for the answer and do God's Will

e. Sex Relations: Have I ever asked God what His Right Ideal for my Sex Relation(s) is? Have I ever listened for the answer and do God's Will?

f. Security: Have I ever asked God for what I need? Have I ever listened for the answer and do God's Will?

g. Pride: Have I ever asked God how God sees and knows me? Have I ever listened for the answer and do God's Will?

h. Fears: Have I ever asked God to remove my fears and direct my attention to what God would have me be? Have I ever listened for the answer and do God's Will?

2. Why do I now see that these resentments are fatal drunk or sober?

3. Why do I now see that if I am to live I have to be free of anger?

4. Where do I see in my inventory, how it holds the key to my future?

5. How do I see I gave others the power to play god in my life by playing god myself?

6. Do I believe God can give me mastery of my resentments?

7. How have I come to realize the people, institutions, or, principles which harmed me were like myself, perhaps spiritually sick?

8. Now that I have carefully considered my inventory, can I now sincerely say the Anger Prayer for the person with whom I am angry?

**Step 4 – Resentment Prayer:** God help me show (NAME) the same tolerance, pity, and patience that I would grant a sick friend. How can I be helpful to (NAME)? God save me from being angry. Thy will be done.

