

Exercise S4-3 Resentments

In this exercise we seek to identify and analyze our resentments, consistent with the discussion of resentments in Step 4 on pages 101-106. Pages 105-106 provides an example table. We list real resentments, not those that imaginary or theoretical. Real resentments are usually a problem for us in some way and/or cause us pain.

It is recommended that you initially complete each row in column 1 before proceeding to make entries in column 2. That is, you should identify as many resentments as you can before you start to analyze any of them. Continue to complete each column, one row at a time before proceeding to the next column. Consider the following when completing each column:

Column 1 – List the people, places, institutions, principles, or situations with which you are angry.

Column 2 – Identify why we are angry.

Column 3 – Identify our injuries – such as self-esteem, security, ambition, personal or sexual relations, etc. Be specific on how the resentment affects you.

Column 4 – Set aside the harm done to you. Examine your own mistakes in this situation or relationship. Ask yourself: How did I contribute to the problem? How did/have my character defects (selfish, dishonest, self-seeking, or frightened, etc.) helped to create this resentment or keep it alive? Then write the identified mistakes in this column.

When each resentment row of the table is completed, we can read the following from left to right: 1) who/what we resent, 2) the cause of that resentment, 3) the part of us that was injured, and 4) the exact nature of the defect within us that allowed the resentment to surface and block us off from God's will.

When all of the resentment rows are complete, go back through the table and compose a prayer for each resentment.

#	Column 1 Resentment	Column 2 The Cause	Column 3 Affects My	Column 4 My Own Mistakes
1				
	Prayer:			
2				
	Prayer:			

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3				
	Prayer:			
4				
	Prayer:			
5				
	Prayer:			
6				
	Prayer:			
7				
	Prayer:			
8				
	Prayer:			
9				

Exercise S4-3 Resentments

	Prayer:			
10				
	Prayer:			
11				
	Prayer:			
12				
	Prayer:			