

When doing a Resentment Inventory please follow the Big Book's four-column inventory directions, but also consider the following:

- 1) The essence of the word "resentment" in the Big Book can best be described by the definition of the word "grievance", which means "any real or imagined reason for complaint".
- 2) Be sure to list all of your regrets (a regret is a resentment toward yourself).
- 3) Who have you not forgiven?
- 4) Who do you feel "let you down" or slighted you (perceived injustice)?
- 5) Who or what do you find yourself complaining about more than once?
- 6) Who annoys you?
- 7) What in the world & in life "shouldn't" be the way it is, "shouldn't" have happened the way it did, "shouldn't" be happening, AND "shouldn't" have been said?
- 8) Who or what do you not have complete acceptance of?
- 9) Who are the people & things you most make judgments of?
- 10) In what ways are you arguing with what is, past or present?

The Forgiveness/Compassion Exercise by Harry Palmer:

This exercise can be done with someone we resent (or for anyone anywhere). It should be done in a way where no one notices, from some distance. Try to do all five steps on the same person. With attention on the person, repeat to yourself:

- 1) "Just like me, this person is seeking some happiness for his/her life."
- 2) "Just like me, this person is trying to avoid suffering in his/her life."
- 3) "Just like me, this person has known sadness, loneliness and despair."
- 4) "Just like me, this person is seeking to fulfill his/her needs."
- 5) "Just like me, this person is learning about life."

Great books on forgiveness: "Forgiveness: The Greatest Healer of All" by Gerald Jampolsky and "Radical Forgiveness: Making Room for the Miracle" by Colin Tipping

For copies of all assignments handed out during this workgroup, please go to www.justloveaudio.com & click on "free resources", then click on "12 Steps (Recovery)", then scroll down & click on "Rockaway 12 Step Workgroup Handouts".

WHAT IS EXPECTED OVER THE NEXT WEEK (from 12/4/14 to 12/11/14):

- 1) Please continue saying the Third Step Prayer each morning and when needed throughout the day, and continue saying the Step Four Prayer (which can be found at the bottom of page 1 in the bigger handout packet that everyone got last week) each time you sit down to write your Fourth Step.
- 2) If you haven't done so already, please make copies of each of the three inventories provided in your packet so that you will have blank forms to write on. What is suggested is to make 10 copies of the Resentment Inventory, five copies of the Fear Inventory, and 10 copies of the Sex & Harms Inventory.
- 3) Only after you have completely finish writing the first three columns of the Resentment Inventory, begin to say the Step 4 Resentment Prayer (which can be found at the bottom of page 1 in the bigger handout packet that everyone got last week) for the people and institutions that you wrote down in the first column of your Resentment Inventory. Only after saying the prayer for ALL people and institutions in your Resentment Inventory, then begin writing the FOURTH column of your Resentment Inventory.
- 4) After finishing the Resentment Inventory, begin saying the Step 4 Fear Prayer (which can be found at the bottom of page 1 in the bigger handout packet that everyone got last week) along with writing the Fear Inventory (one column at a time, top to bottom, before going on to the next column). After finishing the Fear Inventory, write the Sex & Harms Inventory (one column at a time, top to bottom, before going on to the next column). After finishing the Sex & Harms Inventory, create your future relationship ideal (which can be found on page 10 in the bigger handout packet that everyone got last week). PLEASE MAKE ALL OF THIS A PRIORITY AND TRY TO DO SOME WRITING EVERY DAY FOR 45 MINUTES OR MORE.
- 5) Please make an appointment for doing your Fifth Step so that when you are done with the Fourth Step you immediately share it in your Fifth Step. It may take most of the day to do a Fifth Step so schedule an entire day to do this life-changing event. You should be finished writing your Fourth Step in the next two or three weeks (if you take longer than that it quickly reduces the effectiveness of all this Step Four work and becomes psychologically battering).
- 6) Sponsors - please talk to your sponsees at least every other day to make sure they are writing and to deal with any issues that prevent writing every day.