

## RESENTMENTS

Resentment is Wrong Judgment' Big book.65 -66-67

The Problem is explained the first thing apparent was that this world and its people were often quite wrong. To conclude that others were wrong was as far as most of us ever got. The usual outcome was that people continued to wrong us and we stayed sore. Sometimes it was remorse and then we were sore at ourselves. But the more we fought and tried to have our own way, the worse matters got, as in war, the victor only seemed to win. Our moments of triumph were short-lived. It is plain that all life which includes deep resentment leads only to futility and unhappiness. To the exact extent that we permit these, do we squander the hours that might have been worth while. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal for when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again, And with us: to drink in to die

If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics these things are poison..

The Solution Is Given... We must accept and change our attitudes and rely on God. We turned back to the list for it held the key to the future. We were prepared to look for it from an entirely different angle. We began to see that the world and its people really dominated us. In that state, the wrongdoing of others, fancied or real, had power to actually kill. How could we escape? We saw that these resentments must be mastered, but how? We could not wish them away any more than alcohol. The Action We Must Take and not take... This was our course we realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too. (Asked God to help us show them the same tolerance. pity. and patience that we would cheerfully grant a sick friend when a person offended we said to ourselves, (Prayer— "is a sick man. How can I be helpful to him? (God save me from being angry. Thy will be done,"

Warning\* -We avoid retaliation or argument we wouldn't treat sick people that way. If we do; we destroy our chance of being helpful. We cannot be helpful to all people, but at least (Prayer— God will show us how to take a kindly and tolerant view of each and every one. THE BOTTOM LINE IS \_ is the number one offender .It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically.

## RESENTMENTS

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CONTINUED FROM PAGE 1 COLUMNS 1-3

Column # 4 Where had we been selfish, dishonest, self seeking, and frightened?

Column # 5 Where were we to blame?  
What were our: Our Wrongs? Our Faults? Our own mistakes?

## Character Defects Prompt Sheet

Here is a list of character defects this may be helpful in seeing your part.

"Where was I to blame Feel free to add to the list.

Cocky	Arrogant
Self-Will	Judgemental
Selfish	Mean
Self-Centered	Cruel
Self-Righteous	Vengeful
Self Pity	Punishing
Self-Delusion	NoTolerance
Self-Reliance	No Forgiveness
Self-Seeking	No Patience
Demanding	No Understanding
Expectaions	No Acceptance
Blame	No Compassion
Dishonest	No Faith
Rationalization	No Love
Justification	Cheat
Lie	Playing God
Manipulate	NoTrust
Manage and control	Fear
Use	Ego
People Pleasing	Phony (the actor)
Steal	Character Aassination (gossip)
Jealous	(sloth)Procrastination
Pride	Gluttony
Greed	Irresponsible
Lust	Ungreatful
Anger	

**Resentment Inventory Prompt Sheet** Here is a list of people, institutions, principles that resentment inventory. may be helpful in your

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## FEAR INVENTORY

“FEAR” Big book page 67 & 68

The Bottom line is “Fear Wrong Believing

This short word somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it. It set in motion trains of circumstances which brought us misfortune we felt we didn't deserve. But did not we, ourselves set the ball rolling? Sometimes we think fear ought to be classed with stealing. It seems to cause more trouble.

The directions of the Fear Inventory

We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them. We asked ourselves why we had them. The action we must take or not take; the solution is given. Accept and change our attitudes and rely on God.. Wasn't it because self reliance failed us? Self-reliance was good as far as it -went, but it didn't go far enough. Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. When it made us cocky, it was worse. Perhaps there is a better way - we think so. For we are now on a different basis, the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity. (Warning) We never apologize to anyone for depending upon our Creator. We can laugh at those who think Spirituality the way of weakness. Paradoxically, it is the way of strength. The Verdict of the ages is that faith means courage. All men faith have courage. They trust their God, we never apologize for God. Instead we let Him demonstrate through us what He can do. (Prayer) We ask him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear,

FEAR INVENTORY WORK SHEET ON NEXT PAGE

## FEARS INVENTORY

BIG BOOK  
PAGES 67 68

[illegible]

**FEARS INVENTORY  
PROMPT SHEET**

Here is a list of fears that may be helpful.

Feel free to add to the list  
as you need to.

Fear Of God  
Fear Of Dying  
Fear Of Insanity  
Fear Of Insecurity  
Fear Of Rejection  
Fear Of Loneliness  
Fear Of Disease's  
•Fear Of Alcohol  
Fear Of Drugs  
Fear Of Relapse  
Fear Of Sex  
Fear Of Sin  
Fear Of Self-Expression  
Fear Of Authority  
Fear Of Heights  
Fear Of Unemployment  
Fear Of Employment.  
Fear Of Parents  
Fear Of Losing A Wife  
Fear Of Losing A Husband  
Fear Of Losing A Child  
Fear Of Animals  
Fear Of Insects  
Fear Of Police  
Fear Of Jail  
Fear Of Doctor's  
Fear Of Stealing  
Fear Of Creditors  
Fear Of Being Found Out  
Fear Of Homosexuals & Lesbians  
Fear Of Failure  
Fear Of Success  
Fear Of Responsibility  
Fear Of Physical Pain  
Fear Of Fear

Fear Of Drowning  
Fear Of Men  
Fear Of Women  
Fear Of Being Alone  
Fear Of People  
Fear Of Crying  
Fear Of Poverty  
Fear Of Races  
Fear Of The Unknown  
Fear Of Abandonment  
Fear Of Intimacy  
Fear Of Disapproval  
Fear Of Rejection  
Fear Of Confrontation  
Fear Of Sobriety  
Fear Of Hospitals  
Fear Of Feelings  
Fear Of Responsibility  
Fear Of Getting Old  
Fear Of Hurting Others  
Fear Of Violence  
Fear Of Being Alive  
Fear Of Writing Inventory  
Fear Of Gangs  
Fear Of Government  
Fear Of Gossip  
People Fear Of Guns  
Fear Of Wealth  
Fear Of Change



## **“Sex Inventory ”**

Big Book 68 69 & 70

The Problem Is Explained. The Bottom Line No” about sex; many of us needed an overhauling there. But above all, “we tried to be sensible on this question. It’s so easy to get way off the tack. Here we find our opinions running to extremes - absurd extremes. perhaps. One set of voices cry that sex is a lust of our lower nature, a base necessity of procreation. Then we have the voices, who cry for sex and more sex who bewail the institution of marriage: who think that most of the troubles of the race are traceable to sex causes. They think we do not have enough of it or that it isn’t the right kind. They see its significance everywhere. One school would allow man no flavor for his fare and the other would have us all on a straight pepper diet. We want to stay out of this controversy. We do not want to be the arbiter of any one’s sex conduct. We all have sex problems. We’d hardly be humans if we didn’t. What can we do about them?

### **The Directions An Given**

We reviewed our own conduct over the years past. Where had we been selfish. dishonest. or inconsiderate? Whom had we hurt? (Sex inventory column 1) Did we unjustifiably arouse jealousy, suspicion or bitterness? Where were we at fault, (column 2) what should we have done instead? (Column 3) We got this all down on paper and looked at it. In this way we tried to shape a sane and sound ideal for our future sex life. We subjected each relation to this test - was it selfish or not; the solution is given (Prayer) We must change our attitudes & our conduct. Our actions. We asked God to mold our ideals and help us to live up to them We remembered always that our sex powers is were God given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed. (Warning) Whatever our ideal turns out to be, we must be willing to grow toward it. We must be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing. In other words, we treat sex as we would any other problem. (Prayer), In meditation, we ask God what we should do about each specific matter. The right answer will come. If want it. (Warning) God alone can judge our sex situation. Counsel with persons is often desirable. but se let God be the final judge, We realize that some people are as fanatical about sex as others are loose. We avoid hysterical thinking or advice- Warning) Suppose we fall short of the chosen ideal and stumble? Does this mean we are going to get drunk? Some people tell us so. But this is only a half-truth It depends on us and on our motives. (Prayer) If we are sorry for what we have done and have the honest desire let God take us to better things, believe we will be forgiven and will have learned our lesson (Warning): If we are not sorry, and our conduct continues to harm others. We are quite sure to drink. We are not theorizing, These are facts out of our experience.

To sum up about sex: (Prayer) we earnestly pray for the right ideal, for guidance in each questionable situation for sanity and for the strength to do the right thing. The cure all.. If sex is very troublesome, we throw ourselves the harder into helping others. We think of their needs and work for them. This takes us out of ourselves. It quiets the imperious urge, when to yield would mean heartache..

## Page 69 Big Book

We got it all down on paper and looked at it.

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## HARMS DONE TO OTHERS

WE REVIEWED OUR OWN CONDUCT OVER THE PAST

WE GOT IT ALL DOWN ON PAPER AND LOOKED AT IT.

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## CHANGE THRU ACTION STEP 8

Made a list of all we had harmed and became willing to make amends to them all

NOW

LATER

MAYBE

NEVER