

15 Minute Solution To Resentments

Who Made Me Mad?

What Did They Do?

This Affects My

- Self-esteem Security Ambitions Personal Relations Sex Relations

How Did I Contribute To The Problem?

Which of My Character Defects Is Involved In My Resentment?

- Selfishness Dishonesty Self-Seeking Fear

Ask God to remove these character defects immediately.

Who Should I Discuss This With Right Now?
(sponsor, trusted friend, spiritual mentor)

If I Hurt Anyone I Should Make an Amends Quickly.

Write out a sentence to use for that. Stick to this sentence and do not talk about anything they did.

