

# The "BIG BOOK'S" Way to Be Rid of Resentment (pages 63—67)

INSTRUCTIONS:		Affects my: (3)				DON'T FORGET THIS!	Core Character Defects (4)	
<p><b>Study</b> from the bottom of page 63 to the end of page 65 and <b>then</b> follow its instructions: a) List all people, institutions and principles (Column 1) from <b>top to bottom</b>. b) List all "causes" (Column 2), <b>top to bottom</b>. c) Do all six instincts in Column 3 from <b>top to bottom for each "cause"</b>. d) Consider the first three columns carefully. e) Then, complete Column 4 from <b>top to bottom</b>.</p>		Self-Esteem	Security (Pkt. Books)	Ambitions	Personal Relations	Sex Relations	Is any fear involved?	<p>"Putting out of our minds the wrongs others have done, <b>[use fold lines to cover Columns 2 and 3]</b> we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? . . . [D]isregard the other person involved entirely. Where were we to blame? . . . When we saw our faults we <b>listed</b> them. We placed them before us in <b>black and white</b>. We admitted our wrongs honestly and were willing to set these matters straight." (page 67)</p>
I'm resentful at: (1)	The causes: (2)							

**Study** from the bottom of page 65 to end of the 3rd paragraph on page 67, and **then** follow the instructions. Go to each person who has harmed you or someone and say "\_\_\_\_\_ is spiritually sick." Don't forget to say the Resentment Prayer (Lines 3-5, page 67), "God, please help me show \_\_\_\_\_ the same tolerance, pity and patience I would cheerfully grant a sick friend" for each and every person who has harmed you, themselves or someone else in Column 1 prior to starting Column 4.