

For **resentment**, do the following for each resentment:

1. What is the resentment?
2. What is the reason I have it?
3. What's my part in the resentment?
4. Look for underlying fear.
5. What is it that I am expecting from that person?

Resentment (Anger) – Hanging on to injury or anger; Refusing to accept what has already been done.

Fear – Holds us back from doing worthwhile things. Healthy fear helps avoid danger. Courage is fear that has said its prayers. Everything we do is done out of love or fear. (Love is positive things; fear is negative things.)

Dishonesty (Lying & Evasiveness) – To others and to ourselves. Stealing or cheating. Pretending that things are different than they are; this keeps us from coping with life (unrealistic).

Selfishness – Stinginess resulting from a concern for your own welfare and a disregard of others.

Hate – Continued anger, murderous feeling toward someone. Extremely strong dislike toward someone. Prejudice or hate for a group. Continued resentment leads to hate.

Greed (Gluttony) – Wanting more than our share. A selfish motive. We can deceive ourselves into thinking we are doing a service rather than doing it for ourselves

Self-Pity – “Poor me” attitude; Thinking like a victim. Holds us back from doing something positive about our situation, like taking the Steps today.

Self-Justification – Defending ourselves rather than admitting our faults. Prevents taking an honest inventory.

Self-Importance (Egotism) - Putting ourselves first. Self-centeredness. Sometimes shyness comes out of it because we are focused on ourselves rather than others.

Self-Condensation (Guilt) – Putting ourselves down; Condemning what God has made. Bad self talk.

Laziness – unwilling to work. Undisciplined.

Bitterness - hard to bear; grievous; distressful

For **fear**, list of your fears you have NOW.

For each liability below (except resentment & fear), ask the following questions:

1. Do you have any _____ (self-pity)?
2. Who was effected by _____ (by self-pity)?

Procrastination – Putting things off. Leaves the burdens on others. Energy drain.

Impatience – Wanting what I want when I want it; expecting too much too soon. Refusal to surrender self-will (impatience with others). Remember how long it took us to get this way.

False Pride (Phoniness & Denial) – Doing things for appearance rather than effectiveness. Trying to make other people think we are better than we are. Why am I afraid to tell you who I am? Won't ask for help.

Pride is a character defect that causes shame because we are ashamed of how things are. Pride causes self-condemnation. Pride causes feelings of guilt. Either feeling better than or less than someone else.

Jealousy – Fear of losing someone or something. Leads to anger or hatred toward anyone who threatens our claim to someone or something. Jealousy is related to fear.

Envy – Wanting what someone else has and thinking how to get it. Envy is related to greed.

Insincerity – Putting up false front; People pleasing. Two-faced and deceitful. Hypocritical; Acting like we care when we don't.

Negative Thinking – Dwelling on why things can't work. Pessimistic attitude. Discouraging others.

Vulgar, Immoral Thinking – Sexual fantasies, thoughts of violence (waiting for someone with a baseball bat/fantasizing about causing harm to others).

Intolerance (Perfectionism) – Never being satisfied with a result (nothing is ever good enough). Expecting too much of others and of ourselves.

Criticizing and Gossip (Loose Talk) – A fault-finding attitude. Repeating criticism of others. Malicious or careless gossip.

Inconsideration - Thoughtless of others, rude behavior, without due regard for the rights or feelings of others

Suspicion - the act or an instance of suspecting something wrong without proof.