

Say 3<sup>rd</sup> Step prayer. "God, please help me face and be rid of the things which have been blocking me for You, other people and myself."

<p><b>Write 3 Lists: resentments, fears and harms</b></p>	<p>I am resentful at .... I am afraid of ... List your fears connected to and NOT connected to your resentments. Who have I hurt (or harmed) by my conduct?</p>				
<p><b>THE CAUSE.</b> Why am I resentful? Why am I fearful? How have I harmed them?</p>	<p>What do I think is the <b>cause</b> of my resentments? For a person: "He or she did _____" or "He or she didn't do _____". "What do I want to change about this person?" or "Why do I feel negatively about this person?" Be specific. Limit this answer to &lt; 20 words. What did I do or fail to do that caused the harm?</p>				
<p><b>For resentments only:</b> What do my resentments effect in me?</p>	<p><b>In what specific ways is this resentment impacting my identity, and ability to feel safe, secure and loved?</b> <b>Self Esteem:</b> how I think about myself; my self-worth (<b>How I see me</b>) <b>Pride:</b> How I think others view me. (<b>How you see me</b>) <b>Ambition:</b> My goals, plans and designs for the future. What do I WANT? (<b>Outside</b>) <b>Security:</b> General sense of personal well-being. What do I NEED to be OK? (<b>Inside</b>) <b>Personal relations:</b> My relationships with other people. (<b>Outside: how should this relationship look?</b>) <b>Sex (Gender) relations:</b> My ability to feel loved and intimate with another. Can also refers to my belief about <u>myself</u> as a woman or as a man. (<b>Inside: how I should be in this relationship?</b>) <b>Pocket Book:</b> My basic desire for money, property, possessions Affects my finances.</p>				
<p><b>Realization/ Compassionate Action</b></p>	<p>"You must be prepared to look at it (your list of resentments) from an entirely different angle. ...This is our course: realize at once that the people who wronged you are spiritually sick... they, like yourself, are sick, too. Ask God to help you show them the same tolerance, pity, and patience that you would cheerfully grant a (sick) friend." <b>Have I ever done to them or another person what they did to me?</b></p>				
<p><b>What was my part?</b> How did your character weaknesses or strengths affect the situation?</p>	<p><b>Self-examination/Character Defects: There are 3 different techniques</b></p> <table border="1" data-bbox="393 852 1515 1062"> <tr> <td data-bbox="393 852 792 1062"> <p><b>1:</b> What was my fault? What is the nature of my wrongs, faults, mistakes, defects? How was I selfish, dishonest, self-seeking, afraid? Did I arouse jealousy, suspicion or bitterness? If so, how? <i>See definitions below:</i></p> </td> <td data-bbox="792 852 1237 1062"> <p><b>2:</b> For every person on your resentment, fear or harm list: Did your xxxxxx harm this person? Where have you been selfish, self-seeking, dishonest, jealous, envious, bitter, inconsiderate, false pride, greedy, irresponsible, lazy?</p> </td> <td data-bbox="1237 852 1515 1062"> <p><b>3:</b> Who was affected by any resentments, fears, selfishness, dishonesty, pride/false pride, jealousy, envy or laziness?</p> </td> </tr> </table> <p><b>Selfish:</b> What did I WANT from the person or situation? What expectations, reasonable or not, did I bring to the situation? Did I ignore reality? <b>Self-seeking:</b> (Behavior or thinking) What did I do, and how did I act in order to get what I wanted? What did I do and how did I act when I DID NOT get what I wanted? Justified or not, what harms did I cause? Did I try to control, manipulate, gossip, blame, seek revenge or play the victim? <b>Dishonest:</b> What is the lie I tell myself or others? What am I assuming here? Do I see the situation as it REALLY is? What is the Truth? <b>Afraid:</b> What fears underlie the resentment, relationship or situation? I was afraid.....</p>		<p><b>1:</b> What was my fault? What is the nature of my wrongs, faults, mistakes, defects? How was I selfish, dishonest, self-seeking, afraid? Did I arouse jealousy, suspicion or bitterness? If so, how? <i>See definitions below:</i></p>	<p><b>2:</b> For every person on your resentment, fear or harm list: Did your xxxxxx harm this person? Where have you been selfish, self-seeking, dishonest, jealous, envious, bitter, inconsiderate, false pride, greedy, irresponsible, lazy?</p>	<p><b>3:</b> Who was affected by any resentments, fears, selfishness, dishonesty, pride/false pride, jealousy, envy or laziness?</p>
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<p><b>Fear</b> List your current fears</p>	<p>Why do I have this fear? Did I feel I could handle the situation as I saw it? Did relying on me work? What should I now rely upon if not myself? How would this fear be different if I would trust and rely on God? When I experience this fear, how would God have me BE?</p>				
<p><b>Harm</b></p>	<p><b>Harm</b> For every person on your resentment, fear or harm list: Has a harm been done? Did your (liability) harm this person? Make a list (Step 8) A harm is: something that has caused someone actual suffering or loss, something that one has done that has had a negative effect on another.</p>				
<p><b>Forgiveness:</b> we overcome resentment with forgiveness</p>	<p><b>Forgiveness:</b> Am I willing to forgive? If not, are you willing with God's help to pray for the willingness to forgive? If you are unable to change the present state of affairs, are you willing to take the measures necessary to shape your life to conditions as they are?</p>				
<p><b>Faith:</b> we overcome fear with faith</p>	<p>Are you ready to overcome your fear with faith?</p>				
<p><b>Turnaround: God-centered assets to strive for</b></p>	<p><b>What should I have done instead? How would God have me be?</b> Am I willing to do God's will? Am I willing to have God remove these defects of character? Identify assets to strive for i.e. humility, trust, intimacy, honest, contentment, generosity, love, zeal, forgiveness, unselfishness, patience, etc. (Say Step 6 &amp; 7. Say 7<sup>th</sup> step prayer.)</p>				
<p><b>Amends:</b> we overcome harms with amends</p>	<p>Do I owe an amends? Willing? Yes/No. What are you willing to do to set these matters straight? List the types of amends. Direct, living, in-kind and letters. What behaviors will convince them more than my words? When will you complete the action? (Step 9)</p>				
<p><b>Conclusion</b></p>	<p>Conclude the session with prayer. Be of service. God got us well so that we can be constructive and useful and fit ourselves to be of maximum service to others. Express gratitude.</p>				