

Come prepared to admit to God, to ourselves, and to another human being the exact nature of our wrongs.

RESENTMENTS: Use one sheet per resentment.

Column 1: Towards whom am I angry? People? Institutions? Principles?

Column 2: Why am I angry?

Column 3: This affects, threatens, hurts or interferes *with my...* (Check all that apply)

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Column 4: Where am I at fault? Where am I to blame? What are my mistakes? *Identify causes and conditions, defects of character, short-comings, flaws in our make-up, the root of our troubles, the bondage of self.*

Selfish & Self-Seeking: What was my motive? What did I want? What keeps me tied to this resentment?

Fear: What am I afraid of losing or not getting?

List and explain other defects of character? (i.e. false pride, arrogance, self-loathing, impatience, greed, laziness, lust, dishonesty, irresponsibility, blaming, enabling, etc.)

Column 5: What should I have done instead? How can I set these matters straight? What is God's will for me today? *Invert character shortcomings into spiritual principles. i.e. Selfish becomes Unselfish. Hatred becomes Love & Forgiveness.*

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Fear: Use one sheet per fear.

Column 1: Who or what am I afraid of? What am I afraid of losing or not getting? *i.e. Fear of rejection*

Column 2: Why am I fearful?

Column 3: This affects, threatens, hurts or interferes *with my...* (Check all that apply)

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ALL HARMS INCLUDING SEX HARMS: Use one sheet per harm.

Column 1: Whom have I hurt?

Column 2: What did I unjustifiably arouse?

Column 3: How did I affect, threaten, hurt or interfere *with their...* (Check all that apply):

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