

Appendix IV - RESENTMENTS: Use one sheet per resentment.

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

Column 1: Towards whom am I angry? A Person? An Institution? or a Principle?

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.*

Appendix V - **Fears:** Use one sheet per fear.

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

Column 1: Who or what am I afraid of? *i.e. rejection, failure, authority, no control, poverty, success, etc.*

Column 2: Why am I fearful?

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

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Column 4: Wasn't it because self-reliance failed us? *Identify causes and conditions, defects of character, shortcomings, 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 am I afraid of losing or not getting? *i.e. recognition, validation, success, money, reputation, etc.*

What other fears arise out of this fear? *i.e. I fear rejection because I fear I am not worthy of love.*

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.*

Appendix VI - **ALL HARMS INCLUDING SEX HARMS:** Use one sheet per harm.

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

Column 1: Whom have I hurt?

Column 2: What did I unjustifiably arouse? jealousy, suspicion, bitterness, worry, fear, etc.?

Column 3: How did I affect, threaten, hurt or interfere *with their...* (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?

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.*