

# Review of "Re-sent-ments" -- (What you keep "Re-Sending" through your thinking and feeling)

**Instructions for Completion:** Get a sponsor and work steps 1-3 with him/her. Complete this worksheet with his/her assistance. Do not attempt to work the 12 Steps in isolation!

1. In dealing with resentments, we put them on paper. We listed people, institutions, principles, or ideas over which we have experienced anger, upsets, disappointments, judgments, or blame. If you aren't sure about Self-Resentments yet, skip it and come back to it after you have listed the others. Ask Sponsor for help if you still have trouble identifying Self-Resentments. (Complete Column 1 from top to bottom. Do nothing on the other Columns until Column 1 is completed.)
2. We asked ourselves, "Why do I feel this way?" "What happened?" List the reasons for the resentment or the evidence that justifies having the resentment in the first place. (Complete Column 2 from top to bottom. Do nothing on the other Columns until Column 2 is completed)
3. On our grudge list, we set opposite each name our injuries. Was it our self-esteem, personal relationships, material or emotional security, or sex relations, which felt threatened or had been interfered with? (Check off the appropriate "Aspect of Self" within Column 3, starting with "Self-Esteem" and finishing with "Sex Relations." Do nothing with Columns 4 - 7 until Column 3 is completed.)
4. Referring to our list again while putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been **selfish, dishonest, self-seeking, frightened, and inconsiderate**? Though a situation may not have been entirely our fault, we disregard the other person(s) involved entirely for this exercise. We ask ourselves, "For what am I willing to claim responsibility in the matter?" Knowing that the extent to which we are willing to own responsibility is the extent to which we can experience personal empowerment.
5. List the hidden payoffs in Column 5 and the costs in Column 6.
6. List what the impact has been on this person, principle, circumstance, or idea in Column 7.
7. Reading from left to right, we now see the resentment (Column 1), the cause (Column 2), the "part of self" that was affected (Column 3), the exact "defect of character" that allowed the resentment to surface and block us off from our Higher Power's will (Column 4), the payoffs (Column 5), and the costs (Column 6), and the impact for carrying this resentment. You can refer back to what you discover in Column 7 to develop what you will later say in your Amends, Step 9.

Column 1	Column 2	Column 3					Column 4				Column 5	Column 6	Column 7	
I'm resentful at:	The cause:	What part of me felt threatened?					What is the exact nature of my mistakes? For what am I willing to be responsible?				What are the hidden "payoffs" for holding this resentment?	What does holding onto this resentment "cost" me and my life?	The Impact	
		Self-Esteem	Personal Relationships	Material (Worldly Goods)	Emotional	Sex Relations	Selfish/Self-Centered	Self-Seeking	Dishonest	Fearful				Inconsiderate
List the people, institutions, principles, circumstances, or ideas with which you are (or have been) angry, upset, disappointed, or which you blamed or judged. These are the "triggers" or "prompts" that cause you to experience being disempowered.	What happened? List the evidence or justifications you have for the resentment. List these reasons, as they are presented by the "voice inside your head." These are also known as the "stories" or "narratives" you took on which keep the resentment in place.											<ul style="list-style-type: none"> <li>• Making someone "wrong" (blaming)</li> <li>• Getting to be "right" or "better-than"</li> <li>• Avoiding taking action or risks</li> <li>• Not owning the problem</li> <li>• Getting to "play the victim"</li> <li>• Able to dominate (control) or avoiding being dominated (controlled)</li> <li>• Etc. (There are others!)</li> </ul>	Success? Happiness? Fulfillment? True Intimacy? Honest Self-Expression? Spiritual Connection? Love & Affinity? Physical/Emotional Well-Being? Empowerment? Freedom? Etc.	What negative impact does holding onto this resentment have on this person, institution, principle, circumstance or idea? You may discover that your resentment has hurt someone, or has kept you from making a difference in an area of life you would like to impact. It may cause harm to organizations or perpetuate unhealthy or dysfunctional patterns of behavior in relationships or circumstances. Etc.
<i>Myself</i>														



# Review of "F.E.A.R." -- (False Evidence Appearing Real)

**Instructions for Completion:** Get a sponsor and work steps 1-3 with him/her. Complete this worksheet with his/her assistance. Do not attempt to work the 12 Steps in isolation!

- "We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them." (Complete Column 1 from top to bottom. Do nothing with the other Columns until Column 1 has been completed.)
- "We asked ourselves why we had them." Where did we first develop this fear? (Complete Column 2 from top to bottom. Do nothing with Columns 3-7, until Column 2 has been completed.)
- What part of self does this fear impact? (Complete each section within Column 3.)
- Which character defects accompany this fear? Where had we been **selfish, dishonest, self-seeking, frightened, and inconsiderate**? Though a situation may not have been entirely our fault, we disregard any other person(s) involved entirely for this exercise. We ask ourselves, "For what am I willing to claim responsibility in the matter?" Knowing that the extent to which we are willing to own responsibility is the extent to which we can experience personal empowerment.
- List the hidden "payoffs" in Column 5 and the "costs" in Column 6.
- In Column 7, list what the impact has been on this person, principle, circumstance, or idea.
- Reading from left to right, we now see the fear (Column 1), the cause (Column 2), the "part of self" that was affected (Column 3), the exact defect of character that allowed the fear to surface and block us off from our Higher Power's will (Column 4), the "payoffs" (Column 5), and "costs" (Column 6), and the impact for carrying around this fear. You can refer back to what you discover in Column 7 to develop what you will later say in your Amends, Step 9.

Column 1	Column 2	Column 3			Column 4				Column 5	Column 6	Column 7	
I am fearful of:	The cause:	What "part of self" does this fear impact?			What character defects accompany this fear? For what am I willing to be responsible?				What are the hidden "payoffs" for holding onto this fear?	What does holding onto this fear "cost" me and my life?	The Impact	
		Social Instinct	Security Instinct	Sex Instinct								
		Self-Esteem	Personal Relationships	Material (Worldly Goods)	Emotional	Sex Relations	Selfish/ Self-Centered	Self-Seeking	Dishonest	Fearful	Inconsiderate	
List the names of people, institutions, principles, circumstances, or ideas that cause you fear, worry, anxiety, or obsessive focus.	Where did you develop this fear? List the evidence or reasons as they sound by the "voice in your head." You took on these "stories" which keep fear in place. Until you give up fear, you'll use these reasons to "search for more evidence" to prove the fear right. Evidence justifies the fear. This is a self-fulfilling prophecy?									<ul style="list-style-type: none"> <li>• Making someone "wrong" (blaming)</li> <li>• Getting to be "right" or "better-than"</li> <li>• Avoiding taking action or risks</li> <li>• Not owning the problem</li> <li>• Getting to "play the victim"</li> <li>• Able to dominate (control) or avoiding being dominated (controlled)</li> <li>• Etc. (There are others!)</li> </ul>	Success? Happiness? Fulfillment? True Intimacy? Honest Self-Expression? Spiritual Connection? Love & Affinity? Physical/Emotional Well-Being? Empowerment? Freedom? Etc.	What negative impact does holding onto this fear have on this person, institution, principle, circumstance or idea? You may discover that your fear has hurt someone, or has kept you from making a difference in an area of life you would like to impact. It may cause harm to organizations or perpetuate unhealthy or dysfunctional patterns of behavior in relationships or circumstances.





