REVIEW OF RESENTMENTS

INSTRUCTIONS FOR COMPLETION

Instruction 1 - In dealing with resentments, we set them on paper. We listed people, institutions, or principles with whom we are angry. (Complete column 1 from top to bottom. Do nothing on columns 2, 3, or 4 until Column 1 is complete.)

Instruction 2 - We asked ourselves why we were angry. (Complete column 2 from top to bottom. Do nothing on columns 3 or 4 until column 2 is complete.)

Instruction 3 - On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal or sex relationships which had been interfered with? (Complete each column within column 3 going from top to bottom starting with the self -esteem column and finishing with the sexual ambitions column. Do nothing on column 4 until column 3 is complete.)

Instruction 4 -Putting out of mind the wrongs others have done. I resolutely look for my own mistake. What did I do, if anything to set in motion trains of circumstances which in turn caused people or institutions to hurt me and eventually led to my resentment for them for doing so? (Complete column 4 from top to bottom. Do nothing on columns 5 until column 4 is complete.)

Instruction 5 - (Referring to our list again.) 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 and frightened, and inconsiderate? (Asking ourselves the above questions, we complete each column within column 5.)

	Column 1 I'm resentful at:	Column 2 The cause:	"Self" Column 3 AFFECTS MY (Which part of Self is affected?)									Column 4	Column 5 What is the exact nature of my wrong, faults, mistakes, defects, shortcomings:			
			Social Instinct		Security Instinct		Sex Instinct		Ambitions			WHAT DID I DO?				
			Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Life	Hidden Sex Life	Social	Security	Sexual	Putting out of mind the wrongs others have done. I resolutely look for my own mistake. What did I do, if anything to set in motion trains of circumstances which in turn caused people or institutions to hurt me and eventually led to my resentment for them for doing so?	Selfish	Dishonest	Self-seeking & Frightened	Inconsiderate
1																
2																
3																
4																
5																
6																
7																
8																
9																
10																