



**re-sent-ment**

n. Indignation or ill will felt as a result of a real or imagined grievance.

*“Resentment is like a double-edged sword. It cuts two ways, injuring us more than it wounds another.*

*Alcoholics know that it harms them more for it leads back to drinking.”*

An illness of this sort--and we have come to believe it an illness--involves those about us in a way no other human sickness can. If a person has cancer all are sorry for him and no one is angry or hurt. But not so with the alcoholic illness, for with it there goes annihilation of all the things worth while in life. It engulfs all whose lives touch the sufferer's. It brings misunderstanding, *fierce resentment*, financial insecurity, disgusted friends and employers, warped lives of blameless children, sad wives and parents, anyone can increase the list. – BB p.18

We thought "conditions" drove us to drink, and when we tried to correct these conditions and found that we couldn't to our entire satisfaction, our drinking went out of hand and we became alcoholics. It never occurred to us that we needed to change ourselves to meet conditions, whatever they were. But in A.A. we slowly learned that something had to be done about our *vengeful resentments*, self-pity, and unwarranted pride. We had to see that every time we played the big shot, we turned people against us. We had to see that when we *harbored grudges and planned revenge* for such defeats, we were really beating ourselves with the club of anger we had intended to use on others. We learned that if we were seriously disturbed, our first need was to quiet that disturbance, regardless of who or what we thought caused it. To see how erratic emotions victimized us often took a long time. We could perceive them quickly in others, but only slowly in ourselves.

– (12&12) p.47

Our actor is self-centered--egocentric, as people like to call it nowadays. He is like the retired business man who lolls in the Florida sunshine in the winter complaining of the sad state of the nation; the minister who sighs over the sins of the twentieth century; politicians and reformers who are sure all would be Utopia if the rest of the world would only behave; the outlaw safe cracker who thinks society has wronged him; and the alcoholic who has lost all and is locked up. Whatever our protestations, are not most of us concerned with ourselves, our *resentments*, or our self-pity? – BB p.62

**Resentment** is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with **resentments**, we set them on paper. We listed people, institutions or principle with whom we were angry. We asked ourselves why we were angry. – BB p.64

It is plain that a life which includes **deep resentment** leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of **resentment** is infinitely grave. We found that it is fatal. For when harboring such feeling we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die. – BB p.66

It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us. If somebody hurts us and we are sore, we are in the wrong also. But are there no exceptions to this rule? What about "justifiable" anger? If somebody cheats us, aren't we entitled to be mad? Can't we be properly angry with self-righteous folk? For us of A.A. these are dangerous exceptions. We have found that justified anger ought to be left to those better qualified to handle it. Few people have been more victimized by **resentments** than have we alcoholics. It mattered little whether our **resentments** were justified or not. A burst of temper could spoil a day, and a **well-nursed grudge** could make us **miserably ineffective**.

– p. 90 (12&12)

The greatest enemies of us alcoholics are **resentment**, jealousy, envy, frustration, and fear. ...Sometimes we alcoholics have an idea that people are trying to pull us down. Often this is not so at all. – BB p.145

*“Resentment makes slaves of us all, binding us with mental chains to the thing we hate.”*

*We find our release in prayer. We cannot hate and pray for anything at the same time.”*