

## WHAT DOES THE BIG BOOK SAY ABOUT RESENTMENT?

The word resentment comes from the Latin word "sentire" which means, "to feel", and when you put "re" in front of any word, it means "again", so the word resent means "to feel again". It includes people, institutions or principles with whom we were angry, with whom we were hurt or threatened or interfered with, with whom we felt had wronged us, with whom we stayed sore at, with whom we felt "burned up" toward, and with whom we held a grudge. I would like to add the following as well: People, institutions or principles with whom we were annoyed with, agitated by, or let down by; and I also like to suggest that this includes your regrets because regret is resentment toward yourself. I always thought that resentment was reasonable, acceptable, and almost fun at times. Resentment became a way of life for me because it seemed like I had problems with or was annoyed by most of the people, institutions or principles I knew. But if we want to recover from alcoholism, the Big Book says, "We saw that these resentments must be mastered," and here's why:

- 1) Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease. (Page 64)
- 2) It is plain that a life which includes deep resentment leads only to futility. (Page 66)
- 3) It is plain that a life which includes deep resentment leads only to unhappiness (Page 66)
- 4) To the precise extent that we permit these (deep resentment), do we squander the hours that might have been worth while. (Page 66)
- 5) But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. (Page 66)
- 6) We found that it (this business of resentment) is fatal. (Page 66)
- 7) For when harboring such feelings (resentment) we shut ourselves off from the sunlight of the Spirit. (Page 66)
- 8) (When we harbor resentment) the insanity of alcohol returns. (Page 66)
- 9) (When we harbor resentment) we drink again. (Page 66)
- 10) For alcoholics these things (including resentment) are poison. (Page 66)
- 11) We began to see that the world and its people really dominated us. In that state, the wrongdoing of others (resentment), fancied or real, had power to actually kill. (Page 66)
- 12) We have listed and analyzed our resentments. We have begun to comprehend their futility. (Page 70)
- 13) We have listed and analyzed our resentments. We have begun to comprehend their fatality. (Page 70)
- 14) We have commenced to see their (resentment's) terrible destructiveness. (Page 70)
- 15) Never forget that resentment is a deadly hazard to an alcoholic. (Page 117)
- 16) The greatest enemies of us alcoholics are resentment, jealousy, envy, frustration, and fear. (Page 145)
- 17) I can't afford resentments against anyone, because they are the build-up of another drunk. (Page 325)
- 18) I realized I had to get rid of it (a resentment toward her mother), for my reprieve was running out, and if I didn't get rid of it I was going to get drunk. (Page 552)

After all this, it can't be denied that the Big Book paints a really scary picture of holding resentments. Is it possible that the more we have them, the more we are moving toward our next drink (since alcohol helps us deal with them)? Please ask yourself if you are desperately seeking to get rid of resentments in your life or do you hold on to some, considering them unavoidable. It's something worth thinking about.