

## The "BIG BOOK'S" Way To Be Rid of Resentment (pages 63—67)

<b>INSTRUCTIONS:</b>		<b>Affects my: (3)</b>					<small>DON'T FORGET THIS</small>	<b>Column 4 - page 67 "Alcoholics Anonymous"</b>
<p>* <b>Study</b> from the bottom of page 63 to the end of page 65 and <b>then</b> follow its instructions: <b>a)</b> List all people, institutions &amp; Principles (Column 1) from <b>top to bottom</b>. <b>b)</b> List all "causes" (Column 2), <b>top to bottom</b>. <b>c)</b> Do all columns in Column 3 from <b>left to right</b> for each name. <b>d)</b> Consider the first 3 columns carefully.</p>		Self-Esteem	Security (Pkt. Bks)	Ambitions	Personal Relations	Sex Relations	Is any fear involved?	<p>"Putting out of our minds the wrongs others have done, [<b>fold sheet over to cover columns 2 and 3</b>] we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened. . . . [D]isregard the other person involved entirely. Where were <b>we</b> to blame? . . . When we saw our faults we <b>listed</b> them. We placed them before us in <b>black and white</b>. We admitted our wrongs honestly and were willing to set these matters straight." (page 67)</p>
<b>I'm resentful at: (1)</b>	<b>The Causes: (2)</b>						<p><b>Selfish:</b></p> <p><b>Dishonest:</b></p> <p><b>Self-Seeking:</b></p> <p><b>Frightened:</b></p>	
							<p><b>Selfish:</b></p> <p><b>Dishonest:</b></p> <p><b>Self-Seeking:</b></p> <p><b>Frightened:</b></p>	
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<p>* <b>Study</b> from the bottom of page 65 to end of the 3rd paragraph on page 67, <b>then</b> follow the instructions. (Go to each name and say _____ is spiritually sick. Don't forget to say the Resentment Prayer (Lines 3-5, page 67) "God, please help me show _____ the same tolerance, pity and patience I would cheerfully grant a sick friend" for each and every person in column 1 prior to starting Column 4.</p>							<p><b>Selfish:</b></p> <p><b>Dishonest:</b></p> <p><b>Self-Seeking:</b></p> <p><b>Frightened:</b></p>	