# BIG BOOK AWAKENING 4th Step Workshop

Resentment Examples and Worksheets 12/2006 Columns 1-4

To download the most current versions of these worksheets go to: www.BigBookAwakening.com or www.TheJaywalker.com

Notes:		

#)_	RESENTMENT INVENTORY	
	"God please help me see the truth about my resentments"	
I'm resent	tful at: (ref. p.65 example)	
The Cause	e: (ref. p.65 example)	
carefully").	<b>y:</b> Keep Columns 1 & 2 in mind while writing the 3rd Column considerations ( <i>ref. p.65-¶3-L3</i> "we Look at the 3rd Column and consider the opposite of each sentence to let the inventory reveal your as of self. ( <i>ref. p.65 example and p.67-¶3</i> "Notice the word "fear" is bracketed alongside the difficulty.	fears behind each of
SELF EST	<b>TEEM:</b> How I see or feel about myself. "The role I've assigned myself"	Fear of being
Start sentences wi	th—"I am Example: <u>I am</u> the best husband she could have.	( not good enough )
	(	)
		)
	(	)
	How I think others see me or feel about me. "The role I've assigned others" s with— "Others should" or "No one should" or "Others can"	
		)
		)
		)
AMBITIO	<b>ON:</b> What I wanted to happen here. Start sentences with— "I want"	,
	,	)
		)
		)
SECTION 1	CV• What I and have to be alone Construction with "I and to be alone"	,
SECURII	<b>Y:</b> What I need here to be okay. Start sentences with— "I needto be okay"	,
		)
		)
	(	)
	AL RELATIONS: My deep seated beliefs of how this relationship is supposed to look. their husbands" "Mothers respect their sons choices" "Real friends always agree with me")	
	(	)
		)
		)
	ATIONS: My deep-seated beliefs of how real men and/or real women are supposed to be. with—"A real man" and/or "A real woman"	
	(	)
		, )
	(	)
POCKET	BOOK: Affects my finances.	,
	"No one (can, should, shouldn't)" or Others (can, should, shouldn't)")	
	(	)
_		,

The Realization: "How have I done the things I've resented in Column 2 to the <u>person</u> I've listed in Column 1 and/or others?" (ref. p.66-¶3 "This was our course: We realized that the <u>people</u> who wronged us were perhaps spiritually sick…like ourselves"). Skip this if Column One is not a person.
"God, this is a sick person like myself. How can I be helpful to them? God save me from being angry. Thy will be done."
FOURTH COLUMN: Disregard the other person involved entirely, this is your inventory not theirs. Where was I to blame, before? during? after? What did I do? (ref. p.67-\$\mathscr{g}2)\$. • Look at the things you do to hold on to the resentment. • Look at things you do to protect yourself and how you look, I shun, I gossip, yell. • Stay focused on what you've seen so far in Column One thru the Realization as you write.
"Where had I been"
<b>SELF-SEEKING:</b> Look around the whole resentment, what did I do? where was I to blame?
My selfish actions or activities were?
SELFISH: What was my selfish thinking while I was doing the above actions?  My selfish attitudes were?
<b>DISHONEST:</b> What were the lies I was telling myself that resulted in my selfish thinking above? I was in the delusion that?
AFRAID: What are the fears that drive the delusions above?
I was afraid ?
The above <u>fears</u> drive the <u>delusions</u> , that result in the <u>attitude</u> that are behind the <u>actions</u> .
(ref. p.62-¶1 "driven by a hundred forms of fear, self-delusion, self-seeking and self pity [my attitude])
Consider if there are any other fears that should be on the fear list. Consider the opposite of each fear, if it applies add it to the list. Example: being alone/being committed? failing/succeeding? (ref. p.68-\$\mathscr{I}\)1-L1 "We put them on paper, even though we had no resentment in connection with them.")
<b>HARM</b> : Do I see any harm I caused. Look around the resentment as well? ie: parents, friends, employers.

#)	RESENTMENT INVENTORY	
	"God please help me see the truth about my resentments"	
I'm reser	ntful at: (ref. p.65 example)	
The Caus	Se: (ref. p.65 example)	
<u>carefully</u> ").	<b>1y:</b> Keep Columns 1 & 2 in mind while writing the 3rd Column considerations (ref. p.65-\$ <b>9</b> 3-L3\) Look at the 3rd Column and consider the opposite of each sentence to let the inventory reveal years of self. (ref. p.65 example and p.67-\$ <b>9</b> 3\) "Notice the word "fear" is bracketed alongside the difference of the second of t	our fears behind each of
SELF ES	TEEM: How I see or feel about myself. "The role I've assigned myself"	Fear of being
Start sentences v		· ·
		)
		)
		)
	How I think others see me or feel about me. "The role I've assigned others" es with— "Others should" or "No one should" or "Others can"	,
	(	)
		)
		)
AMRITI	ON: What I wanted to happen here. Start sentences with— "I want"	,
<u> </u>		\
		)
		)
CECUDI		)
SECURI	<b>TY:</b> What I need here to be okay. Start sentences with— "I needto be okay"	
		)
		)
		)
	<b>VAL RELATIONS:</b> My deep seated beliefs of how this relationship is supposed to look. t their husbands" "Mothers respect their sons choices" "Real friends always agree with me")	
		)
		)
		)
SEX RE	<b>LATIONS:</b> My deep-seated beliefs of how real men and/or real women are supposed to be.	
Start senten	ce with—"A real man"and/or "A real woman"	
		)
		)
	(	)
<b>POCKE</b>	<b>T BOOK:</b> Affects my finances.	,
	"No one (can, should, shouldn't)" or Others (can, should, shouldn't)")	
		)

<b>The Realization:</b> "How have I done the things I've resented in Column 2 to the <u>person</u> I've listed in Column 1 and/or others?" (ref. p.66-¶3 "This was our course: We realized that the <u>people</u> who wronged us were perhaps spiritually sick…like ourselves"). Skip this if Column One is not a person.
"God, this is a sick person like myself. How can I be helpful to them? God save me from being angry. Thy will be done.
<b>FOURTH COLUMN:</b> Disregard the other person involved entirely, this is your inventory not theirs. Where was I to blame, before? during? after? What did I do? ( <i>ref. p.67-¶2</i> ). • Look at the things you do to hold on to the resentment. • Look at things you do to protect yourself and how you look, I shun, I gossip, yell. • Stay focused on what you've seen so far in Column One thru the Realization as you write.
"Where had I been"
<b>SELF-SEEKING:</b> Look around the whole resentment, what did I do? where was I to blame?
My selfish actions or activities were?
SELFISH: What was my selfish thinking while I was doing the above actions?  My selfish attitudes were?
<u>DISHONEST</u> : What were the lies I was telling myself that resulted in my selfish thinking above? I was in the delusion that?
AFRAID: What are the fears that drive the delusions above?  I was afraid?
The above <u>fears</u> drive the <u>delusions</u> , that result in the <u>attitude</u> that are behind the <u>actions</u> .
(ref. p.62-¶1 "driven by a hundred forms of fear, self-delusion, self-seeking and self pity [my attitude])
Consider if there are any other fears that should be on the fear list. Consider the opposite of each fear, if it applies add it to the list. Example: being alone/being committed? failing/succeeding? (ref. p.68-¶1-L1 "We put them on paper, even though we had no resentment in connection with them.")
<b>HARM</b> : Do I see any harm I caused. Look around the resentment as well? ie: parents, friends, employers.

#)	RESENTMI	ENT INVENTORY	
	"God please help me see	the truth about my resentments"	
I'm resentful a	t <b>t:</b> (ref. p.65 example)		
The Cause: (ref	<sup>c</sup> . p.65 example)		
carefully"). Look a	t the 3rd Column and consider the opposite	e 3rd Column considerations (ref. p.65-¶3-L3 'e of each sentence to let the inventory reveal ye the word "fear" is bracketed alongside the dij	our fears behind each of
SELF ESTEEN	M: How I see or feel about myself. "The ro	ole I've assigned myself"	Fear of being
Start sentences with—"I a	m	Example: <u>1 am</u> the best husband she could have	ve. ( not good enough )
		(	)
			)
	think others see me or feel about me. "The  "Others should" or "No one should"	_	,
		(	)
		(	)
		(	)
<b>AMBITION:</b>	What I wanted to happen here. Start senten	ces with— "I want"	
		(	)
			)
SECUDITY: v	What I need here to be okay. Start sentences	with "I need to be about	,
SECURITI. V	vitat I need here to be okay. Start sentences	s witii—— I needio be okay	)
		(	)
		(	)
		fs of how this relationship is supposed to look. ices" "Real friends always agree with me")	,
		(	)
		(	)
	ONG	(	)
	<b>UNS:</b> My deep-seated beliefs of how real—"A real man"and/or "A real woman"	al men and/or real women are supposed to be.	,
		(	)
		(	)
POCKET ROO	OK: Affects my finances.		,
	e (can, should, shouldn't)" or Others (can	n, should, shouldn't)")	
		(	)
		(	)

<b>The Realization:</b> "How have I done the things I've resented in Column 2 to the <u>person</u> I've listed in Column 1 and/or others?" (ref. p.66-¶3 "This was our course: We realized that the <u>people</u> who wronged us were perhaps spiritually sick…like ourselves"). Skip this if Column One is not a person.
"God, this is a sick person like myself. How can I be helpful to them? God save me from being angry. Thy will be done.
<b>FOURTH COLUMN:</b> Disregard the other person involved entirely, this is your inventory not theirs. Where was I to blame, before? during? after? What did I do? ( <i>ref. p.67-¶2</i> ). • Look at the things you do to hold on to the resentment. • Look at things you do to protect yourself and how you look, I shun, I gossip, yell. • Stay focused on what you've seen so far in Column One thru the Realization as you write.
"Where had I been"
<b>SELF-SEEKING:</b> Look around the whole resentment, what did I do? where was I to blame?
My selfish actions or activities were?
SELFISH: What was my selfish thinking while I was doing the above actions?  My selfish attitudes were?
<u>DISHONEST</u> : What were the lies I was telling myself that resulted in my selfish thinking above? I was in the delusion that?
AFRAID: What are the fears that drive the delusions above?  I was afraid?
The above <u>fears</u> drive the <u>delusions</u> , that result in the <u>attitude</u> that are behind the <u>actions</u> .
(ref. p.62-¶1 "driven by a hundred forms of fear, self-delusion, self-seeking and self pity [my attitude])
Consider if there are any other fears that should be on the fear list. Consider the opposite of each fear, if it applies add it to the list. Example: being alone/being committed? failing/succeeding? (ref. p.68-¶1-L1 "We put them on paper, even though we had no resentment in connection with them.")
<b>HARM</b> : Do I see any harm I caused. Look around the resentment as well? ie: parents, friends, employers.

#)	RESENTMENT INVENTORY	
	"God please help me see the truth about my resentments"	
I'm reser	ntful at: (ref. p.65 example)	
The Caus	Se: (ref. p.65 example)	
<u>carefully</u> ").	<b>1y:</b> Keep Columns 1 & 2 in mind while writing the 3rd Column considerations (ref. p.65-\$ <b>9</b> 3-L3\) Look at the 3rd Column and consider the opposite of each sentence to let the inventory reveal years of self. (ref. p.65 example and p.67-\$ <b>9</b> 3\) "Notice the word "fear" is bracketed alongside the difference of the second of t	our fears behind each of
SELF ES	TEEM: How I see or feel about myself. "The role I've assigned myself"	Fear of being
Start sentences v		· ·
		)
		)
		)
	How I think others see me or feel about me. "The role I've assigned others" es with— "Others should" or "No one should" or "Others can"	,
	(	)
		)
		)
AMRITI	ON: What I wanted to happen here. Start sentences with— "I want"	,
<u> </u>		\
		)
		)
CECUDI		)
SECURI	<b>TY:</b> What I need here to be okay. Start sentences with— "I needto be okay"	
		)
		)
		)
	<b>VAL RELATIONS:</b> My deep seated beliefs of how this relationship is supposed to look. t their husbands" "Mothers respect their sons choices" "Real friends always agree with me")	
		)
		)
		)
SEX RE	<b>LATIONS:</b> My deep-seated beliefs of how real men and/or real women are supposed to be.	
Start senten	ce with—"A real man"and/or "A real woman"	
		)
		)
	(	)
<b>POCKE</b>	<b>T BOOK:</b> Affects my finances.	,
	"No one (can, should, shouldn't)" or Others (can, should, shouldn't)")	
		)

The Realization: "How have I done the things I've resented in Column 2 to the <u>person</u> I've listed in Column 1 and/or others?" (ref. p.66-¶3 "This was our course: We realized that the <u>people</u> who wronged us were perhaps spiritually sick…like ourselves"). Skip this if Column One is not a person.
"God, this is a sick person like myself. How can I be helpful to them? God save me from being angry. Thy will be done."
FOURTH COLUMN: Disregard the other person involved entirely, this is your inventory not theirs. Where was I to blame, before? during? after? What did I do? (ref. p.67-\$\mathscr{g}2)\$. • Look at the things you do to hold on to the resentment. • Look at things you do to protect yourself and how you look, I shun, I gossip, yell. • Stay focused on what you've seen so far in Column One thru the Realization as you write.
"Where had I been"
<b>SELF-SEEKING:</b> Look around the whole resentment, what did I do? where was I to blame?
My selfish actions or activities were?
SELFISH: What was my selfish thinking while I was doing the above actions?  My selfish attitudes were?
<b>DISHONEST:</b> What were the lies I was telling myself that resulted in my selfish thinking above? I was in the delusion that?
AFRAID: What are the fears that drive the delusions above?
I was afraid ?
The above <u>fears</u> drive the <u>delusions</u> , that result in the <u>attitude</u> that are behind the <u>actions</u> .
(ref. p.62-¶1 "driven by a hundred forms of fear, self-delusion, self-seeking and self pity [my attitude])
Consider if there are any other fears that should be on the fear list. Consider the opposite of each fear, if it applies add it to the list. Example: being alone/being committed? failing/succeeding? (ref. p.68-\$\mathcal{I}\text{-L1}\ "We put them on paper, even though we had no resentment in connection with them.")
<b>HARM</b> : Do I see any harm I caused. Look around the resentment as well? ie: parents, friends, employers.

#)	RESENTMENT INVENTORY	
"God p	lease help me see the truth about my resentments"	
I'm resentful at: (ref. p.65 examp	ple)	
The Cause: (ref. p.65 example)		
carefully"). Look at the 3rd Column and	n mind while writing the 3rd Column considerations (ref. p.65-¶3-L3 "we do consider the opposite of each sentence to let the inventory reveal your de and p.67-¶3 "Notice the word "fear" is bracketed alongside the diffic	fears behind each of
<b>SELF ESTEEM:</b> How I see or fee	el about myself. "The role I've assigned myself"	Fear of being
Start sentences with—"I am	Example: <u>I am</u> the best husband she could have.	
	(	)
	(	)
	(	)
	or feel about me. "The role I've assigned others" "or "No one should" or "Others can"	·
	(	)
	(	)
	`	)
	ppen here. Start sentences with— "I want"	,
	·	)
	(	)
	(	)
SECULITY. What I mad have a h		,
SECURITE: What I need here to be	e okay. Start sentences with— "I needto be okay"	
	(	)
		)
		)
	My deep seated beliefs of how this relationship is supposed to look.  *respect their sons choices" "Real friends always agree with me")	
( wives trust their husbands - Mothers	respect their sons choices Keat friends always agree with me	,
	(	)
		)
CEV DEL ATIONIC.		
Start sentence with—"A real man" and	eated beliefs of how real men and/or real women are supposed to be.	
Start sentence with— A real man and	aror A real woman	,
		)
	(	)
DOCKET BOOK	(	)
<b>POCKET BOOK:</b> Affects my fin	nances. uldn't)" or Others (can, should, shouldn't)")	
Count with— 140 one (can, should, shou	t	,
		)

<b>The Realization:</b> "How have I done the things I've resented in Column 2 to the <u>person</u> I've listed in Column 1 and/or others?" (ref. p.66-¶3 "This was our course: We realized that the <u>people</u> who wronged us were perhaps spiritually sick…like ourselves"). Skip this if Column One is not a person.
"God, this is a sick person like myself. How can I be helpful to them? God save me from being angry. Thy will be done.
<b>FOURTH COLUMN:</b> Disregard the other person involved entirely, this is your inventory not theirs. Where was I to blame, before? during? after? What did I do? ( <i>ref. p.67-¶2</i> ). • Look at the things you do to hold on to the resentment. • Look at things you do to protect yourself and how you look, I shun, I gossip, yell. • Stay focused on what you've seen so far in Column One thru the Realization as you write.
"Where had I been"
<b>SELF-SEEKING:</b> Look around the whole resentment, what did I do? where was I to blame?
My selfish actions or activities were?
SELFISH: What was my selfish thinking while I was doing the above actions?  My selfish attitudes were?
<u>DISHONEST</u> : What were the lies I was telling myself that resulted in my selfish thinking above? I was in the delusion that?
AFRAID: What are the fears that drive the delusions above?  I was afraid?
The above <u>fears</u> drive the <u>delusions</u> , that result in the <u>attitude</u> that are behind the <u>actions</u> .
(ref. p.62-¶1 "driven by a hundred forms of fear, self-delusion, self-seeking and self pity [my attitude])
Consider if there are any other fears that should be on the fear list. Consider the opposite of each fear, if it applies add it to the list. Example: being alone/being committed? failing/succeeding? (ref. p.68-¶1-L1 "We put them on paper, even though we had no resentment in connection with them.")
<b>HARM</b> : Do I see any harm I caused. Look around the resentment as well? ie: parents, friends, employers.

<u>SEX INVENTORY WORKSHEET</u>
"God please help me see the Truth about my conduct in relationships"

Name:	Relationship:
Write a brief history of the relationship:  My motives for getting involved were	
wiy monves for getting involved were	
Manager Comment of the second	
My specific conduct in the relationship has been	·
The major points that came up in the relationship a	are
How it ended? or how it is now	

### $"God\ please\ help\ me\ see\ the\ Truth\ about\ my\ conduct\ in\ relationships"$

Look at each relationship and answer these nine questions (ref p.69-\$1)  1) Where had I been selfish? (concerned only with myself)
2) Where had I been dishonest? (decpetive or fraudulent)
3) Where had I been inconsiderate? (disregard for others)
4) Whom did I hurt? (Look around the relationship)
5) How did I arouse jealousy?
6) How did I arouse suspicion? (doubt about my honesty)
7) How did I arouse bitterness? (deep resentment)
8) Where was I at fault?
9) What should I have done instead? (In the relationship. Don't write "not gotten involved in the first place.")  Make sure you are especially explicit with Question #9 you will refer back to this for writing the Sex Ideal.
Harm: Write any specific harm that comes to you while writing.