RESENTMENTS

"It is plain that a life which includes deep resentment leads only to futility and unhappiness"

"Who"	"Why"	"What"							Solution / Prayer / Action	Action:				
		Affected, Threatened, Or Hurt:							•	Where Had We Been:				
I'm Resentful Or Angry At: (Include People, Institutions, Or Principles)	The Cause:	Self Esteem	Personal Relations	Material Security	Emotional Security	Sex Relations	Ambitions (Getting My Way)	Pride	THIS WAS OUR COURSE: Realize at once that the people who have wronged you are spiritually sick. That they, like yourself are sick too. Can I now see how if I was in their shoes with their fears, insecurities and background experience I could or would have done to someone what they did to me?	Selfish	Dishonest	Self Seeking	Frightened	Where Was I To Blame?
									PRAYER: "We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person offended we said to ourselves, This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done" ACTION: "Putting out of our minds the wrongs others have done, we resolutely looked for our own mistakes"					
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