Resentments:

In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry.

(Column 1). We asked ourselves why we were angry. (Column 2). On our grudge list we set opposite each name our injuries.

Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with? (Column 3) Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? (Column 4).

Please do the columns (below) 1, 2 and 3 vertically; consider them, then say the prayer on page 67. After praying, do all columns horizontally.

		3. What part of self was hurt or threatened?					4. What was the exact nature of my wrongs?		
1. I am resentful at:	2. The cause:	Self - Esteem	Security	Ambitions	Personal Relations	Sex Relations	Selfish	Dishonest	Frightened Self - Seeking