**B2B TENTH STEP LONG FROM**

**Worksheet for Resentments**

**Step 10**: Continued to take personal inventory and when we were wrong promptly admitted it.

**Tenth Step Prayer:**

“God, please help me watch for Selfishness, Dishonesty, Resentment, and Fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. God, help me to quickly make amends if I have harmed anyone and help me to resolutely turn my thoughts to someone I can Help. Help me to be Loving and Tolerant of everyone today. AMEN.”

**Instructions**

Please fill out this worksheet when resentments crop into your day. After you complete it, call your sponsor or another MAA fellow and give away your Tenth Step to them. Remember we cannot afford to hold onto resentments or fears. If we do, we put ourselves at risk of losing our sobriety.

**Whom do you resent? (e.g., I resent ….)**

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Now answer the following questions. *(Skip any question that does not apply.)*

**Part I – Inventory**

* Why do you resent this person?
* What is your reaction when you have this resentment? (e.g., anger, fear, embarrassment)
* Where do you feel it in your body?
* Are you feeling low self-esteem or unworthy?
* Were you trying to control others or the situation? In other words, were you trying to play God?
* Did you feel superior or self-righteous? In what way?
* Did you feel inferior or ashamed? How so?
* Were you afraid of losing something or not getting what you want? What was it?
* How were you dishonest with yourself?
* How were you dishonest with this person or others?
* Did you blame this person or others? Why?
* Do you blame yourself? Why?
* Were you inconsiderate of this person or others? How?
* Were you inconsiderate of yourself? How?
* Were you thinking only of yourself and of your own happiness in this situation? (Reflect on whether you paused to consider their circumstances, needs or how this affected them.)

Were you wanting something that does not belong to you? Were you jealous or envious of this person or others in this situation? What did you envy that you think you lack?

* Did you procrastinate or avoid taking action?

Are you willing to have God remove these liabilities and replace them with assets? If so, answer the following questions:

**Part II – Removal of Liabilities**

* What would this situation look like if you felt acceptance?
* What would this situation look like if you felt you were worthy? If you felt self-esteem?
* If you saw them as worthy?
* What would it look like if you had faith in your Higher Power?
* How would this situation be if you had faith in yourself?
* How could you envision this situation if you had faith in other people or institutions?
* What would this situation look like if you weren’t blaming others or yourself?
* How would this situation be different if you were honest and authentic with yourself?
* How would this situation be different if you were honest and authentic with others?
* How would experience this situation if you saw yourself and others as equal? If you had true humility (neither superior nor inferior to others)?
* Where or how could you be more considerate of yourself in this or similar situations?
* How would letting go of this resentment help you be more considerate of others?
* How would this situation differ if you mustered the energy and willingness to take action?
* How can you be generous in this situation? Where can you give your love and gifts to the others and not hold back? Where can you give the gift of *"live and let live"* to the other person(s)?
* Where can you find gratitude for this situation?
* What useful lessons can you learn from this situation?
* Are you willing right now to forgive every person involved in this situation for everything you believe they did to you?
* Are you willing right now to forgive yourself for carrying this resentment or fear?

**Part III – After Giving Away Your 10th Step**

* Discuss with your Sponsor or MAA fellow whether you have any wrongs to set right and any amends to make to this person and/or to yourself.
* Make a brief list of amends.
* Do what you can today to make it right. Do not wait unless it is strictly necessary.
* Now turn towards someone you can give service to today.