**BBB2B FOURTH STEP INVENTORY SHORT FORM**

**Resentments**

**Instructions:**

1. Read pages **64-67** of the *Big Book*.

2. Complete the table below. Enter the names of 10 or more people or institutions towards which you have resentments, meaning you are angry at them or feel hurt or threatened by them.

3. Write the reasons you feel this way in two lines or less.

4. Select the part(s) of self (or your identity) that this situation has affected from the following list:

**Self-esteem, pride, security (physical or financial), ambitions, personal relations, sexual relations**

5. Answer the question: *“What liabilities played a part in my story?”*

Here are the **Liabilities** we will be focusing on:

* + **Self-pity**: Excessive, self-absorbed unhappiness over one's own troubles.
  + **Resentment**: Consequence of being angry or bitter toward someone for an extended period.
  + **Fear**: Preoccupation with the possibility of losing something you own or have or with not getting what you want.
  + **Selfishness**: Concern only for ourselves and our own welfare or pleasure without regard for others.
  + **Self-centeredness**: Making ourselves the center of the universe and wanting to control and play God.
  + **Dishonesty**: Deception, cheating, lying, stealing, or withholding the truth.
  + **False Pride**:Feelings of being *better than* (grandiosity, superiority, know it all) or *less than* (shame, unworthiness, low self-esteem).
  + **Mistrust**: Jealousy that has to do with suspicion, distrusting others' motives, or doubting the faithfulness of a friend.
  + **Envy**: The desire to have a quality, possession, or other desirable attribute belonging to someone else.
  + **Procrastination**: Putting off work or not following through with right actions.

| **Person or institution whom I felt caused harm.** | **Reason I feel this way is. What did they do?** | **Part(s) of self, or identity, affected by this situation.** | **Which liabilities played a part in my story?** |
| --- | --- | --- | --- |
| Example: My Boss | He yelled at me when I didn’t complete my report on time. | Self-esteem  Pride  Security  Ambitions  Personal relations | I felt it was unfair (**Self-pity**). I was angry and hurt (**Resentment**). I’m worried about my performance review (**Fear**). I believed he doesn’t appreciate my work (**False Pride**). I didn’t communicate my difficulties (**Dishonesty**). I spent 2.5 hours doing online shopping (**Procrastination**). |
| Example: My Partner | She came home late and said she had been out drinking with a few guys from work. | Self-esteem  Pride  Security  Personal relations  Sex relations | I felt abandoned and hurt (**Self-pity, Selfishness**). I was angry that I had to eat alone (**Self-centeredness**). I was jealous of the attention she was getting and giving others (**Envy, Mistrust**). I was worried she might leave me (**Fear, Security**). |
| Example: My Brother | He dated my best friend without telling me. | Self-esteem  Pride  Personal relations | I was angry he kept a secret from me (**Resentment, False pride, Mistrust**). I felt betrayed and excluded (**Self-pity, Self-centeredness**). I was scared to lose my best friend (**Fear**). I was jealous of their bond (**Envy, Selfishness**). |
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