**BBB2B FOURTH STEP INVENTORY LONG FORM
Resentments**

Please fill out this worksheet using **one** person, institution, or principle from your *Fourth Step Inventory Short Form – Resentments*. Select a person or situation that is particularly charged for you. Do not choose yourself.

**Write a concise sentence that clearly states your resentment:**

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

**Part I**

* Why do you resent this person? i.e., What do you think they did wrong?
* What thoughts arise when you feel this resentment?
* How do you react when these thoughts arise?
* Where do you feel this resentment in your body?
* Are all these thoughts true?
* How has this resentment affected you or is affecting your life now?
* How has this resentment affected those around you?
* Do you feel fear with this resentment? How so? What are you afraid of losing or think you’ve lost? Do you fear you will not get what you want? What did/do you want in this situation?
* Did you try to play God and be in control in this situation? How so?
* Do you feel low self-esteem or unworthy when you have these resentful thoughts?
* When you have this resentment, do you make yourself feel superior to others? How?
* Do you feel inferior? How?
* Do you envy others when you experience this resentment? Who are you jealous of? What do you envy in others that you think you lack?
* How are you dishonest with yourself when you have this resentment?
* When or how do you become dishonest with others?
* How do you blame others in this situation?
* When or how do you blame yourself?
* When were you thinking only of yourself in this situation or due to this resentment?
* Where do you lose power when you have these feelings?
* How were you inconsiderate of others in this situation?
* How were you inconsiderate of yourself in this situation?
* At what point did you feel the fear of losing something or not getting what you want?
* Did you (or do you) feel you wanted something that did not belong to you? (i.e., When or how did you experience envy?)
* When or how did you procrastinate or avoid taking action?

Here your sponsor will ask you:

“*Are you willing to have God remove this resentment and the shortcomings you have acknowledged above? Would you have the willingness to replace these liabilities with assets?”*

If you answer “*yes*,” you then look at the assets you want to bring into your life. *(This prepares you for the Sixth and Seventh Steps, which we will take at our next group session.)*

**Part II**

* What would your experience be like if you felt acceptance for this situation?
* How would this situation be different if you felt worthy—if you had self-esteem?
* How would it be different if you saw the other party 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 the situation if you had faith in the other person or institution?
* Where or how could you be more considerate of yourself in this situation?
* How would letting go of this resentment help you be more considerate of others?
* What would it be like not to blame others for your resentment?
* What would it be like not to blame yourself in this situation?
* How would the situation differ if you were honest and authentic with yourself?
* How would it be different if you were honest and authentic with others?
* How would you experience this situation if you saw yourself and others as equal? If you had true humility (neither superior nor inferior to others)?
* How would this situation be differ if you mustered the energy and willingness to take action?
* Where can you be generous in this situation?
* How can you give your **Love** and your **Gifts** to others and not hold back?
* Where could you give the gift of *“live and let live”* to other people?
* Where could you find gratitude for this situation?
* What useful lessons have you learned from experiencing this situation?

Here your sponsor will ask you:

* *Are you willing right now to forgive every person involved in this situation 100 percent for everything you believe or know they did to you?*
* *Are you willing right now to forgive yourself 100 percent for carrying this resentment?*

**Part III**

1. Discuss if you have any wrongs to set right and any amends to make to this person and to yourself.
2. Make a list of amends. We will discuss how to make amends in our next group session.

**Write down your learnings:** *(Have you noticed any patterns?)*

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