

Step 4 - Review of Resentments

Feelings of bitter hurt or indignation that come from rightly or wrongly held feelings of being injured or offended.

I AM RESENTFUL AT:	THE CAUSE:	AFFECTS MY:	WHAT DID I DO?	WHERE HAD I BEEN:
List people, institutions, or principles with whom I am angry.	We asked ourselves why we were angry. What did they do to me to cause the anger?	What part of self was injured or affected? Was it my self-esteem, my emotional security, my finances, my ambitions, my personal relationship, sex relations that had been interfered with?	Putting out of my mind the wrongs others have done, I look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances, which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so?	Selfish, dishonest, self-seeking and frightened, inconsiderate? Which of these character defects caused me to do what I did, or caused me to want to hold on to the old resentment, even though I may have done nothing to cause it?
My boss	He wouldn't give me a promotion.	Self-esteem, pride, material security, security ambitions	I refused assignments, I often missed work, and I argued with my boss.'	Selfish, self-seeking, inconsiderate
My wife	She had an affair with my best friend.	Self-esteem, pride, emotional security, sex instinct	I didn't give my wife attention when I was drinking. I wasn't available as a husband.	Inconsiderate, selfish

Step 4 - Review of Our Own Sex Conduct

Wrong acts that result in pain, hurt feelings, worry, financial loss, etc. for others and also self

WHO DID I HURT?	WHAT DID I DO?	WHAT FEELINGS DID I CREATE IN OTHERS? Did I arouse jealousy, pain, hurt, worry, anger, suspicion, bitterness, desire to retaliate?	WHERE WAS I AT FAULT? Where had I been selfish, dishonest, self-seeking, frightened, or inconsiderate?	WHAT COULD I HAVE DONE INSTEAD?
Jean	Intentionally flirted with her best friend.	Jealousy, hurt feelings	Selfish, inconsiderate	Communicated with her that I need more attention.
Sally	She caught me masturbating to internet porn.	Hurt, suspicion, bitterness	Selfish, frightened, inconsiderate	Had sex with her so I wouldn't seek it elsewhere.

Step 4 - Review of Harms Done to Others

Wrong acts that result in pain, hurt feelings, worry, financial loss, etc. for others and also self

WHO DID I HURT?	WHAT DID I DO?	WHAT FEELINGS DID I CREATE IN OTHERS? Did I create jealousy, anger, hurt, suspicion, bitterness, desire to retaliate?)	WHERE WAS I AT FAULT? Where had I been selfish, dishonest, self-seeking, frightened, or inconsiderate?	WHAT COULD I HAVE DONE INSTEAD?
Amanda	Stole money from her purse.	Anger, suspicion	Selfish, dishonest, inconsiderate	Not stolen the money.
Dad	Didn't show up for his birthday after I said I'd be there.	Hurt	Selfish, inconsiderate	Stand by my word and put my wants aside and attend his birthday party.