

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:
<p>List people, institutions, or principles with whom I am angry.</p>	<p>I ask myself why am I angry, what did they do to me to cause the anger?</p>	<p>On my grudge list I set opposite each name my injuries. Was it my self-esteem, my security, my ambitions, my personal or sex relations that had been interfered with?</p>	<p>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?</p>	<p>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?</p>

Step 4 - Review of Fears

Feelings of anxiety, agitation, uneasiness, apprehension, impending doom, etc.

WHO OR WHAT DO I FEAR? List people, institutions, or principles with whom I am fearful.	THE CAUSE: What are they going to do to me? Am I perhaps going to jail? Am I going to lose something with material value? Am I going to lose face? Will it result in divorce? Will it destroy as personal relationship? Might I lose my job, etc?	AFFECTS MY: On my fears list I set opposite each name the part of self which is affected. Was it my self-esteem, my security, my ambitions, my personal or sex relations that have been threatened?	WHAT DID I DO? What did I do, if anything, to set the ball rolling, and set in motion trains of circumstances, which have led to my being in the position to have the fear?	WHERE HAD I BEEN: Selfish, dishonest, self-seeking and frightened, inconsiderate? Which of these character defects caused me to do what I did, or cause me to want to hold on to the old fear, even though I may have done nothing to cause it?

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?	AFFECTS MY:	WHAT FEELINGS DID I CREATE IN OTHERS?	WHERE HAD I BEEN:
		Which part of self caused me to do what I did? Was it caused by the social instinct, the security instinct, or the sex instinct?	Did I arouse jealousy, anger, suspicion, bitterness, desire to retaliate? What should I have done instead?	Selfish, dishonest, self-seeking and frightened, inconsiderate? Which of these character defects caused me to do what I did to harm another?

Step 4 - Review of Harms Other Than Sexual

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?	AFFECTS MY:	WHAT FEELINGS DID I CREATE IN OTHERS?	WHERE HAD I BEEN:
		Which part of self caused me to do what I did? Was it caused by the social instinct, the security instinct, or the sex instinct?	Did I arouse jealousy, anger, suspicion, bitterness, desire to retaliate? What should I have done instead?	Selfish, dishonest, self-seeking and frightened, inconsiderate? Which of these character defects caused me to do what I did to harm another?