



BigBook for Dummies

An Online Study Resource

Resentments Sheet

Definitions of Terms used in Column 3:

Self-esteem = What I think of myself.

Security = Our basic need for money, food, job, place to live & emotional well being.

Ambitions = The things we want. Goals and desires for the future.

Relationships = Relations with or toward other people.

Sex Relations = Ambitions for sex. Appropriate and inappropriate.

Pride = What I think others think of me.

I'M RESENTFUL AT:

THE CAUSE:

AFFECTS MY:

We listed people, institutions or principles with whom we were angry.	We asked ourselves why we were angry.	Which part of self was hurt or threatened?						Where had we been selfish, dishonest, self-seeking and frightened?				Where were we to blame? The inventory was ours, not the other man's. When we saw our faults we listed them.
		Self-esteem	Security	Ambitions	Realationships	Sex Relations	Pride	Selfish	Dishonest	Self-seeking	Frightened	<p>Prayer from page 67: <i>This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done.</i></p>