

Review of ANGERS

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
<p>I Am Resentful At:</p> <p>I list <i>people</i>, <i>institutions</i> or <i>principles</i> with whom I was angry.</p> <p><i>Big Book pg. 64</i></p>	<p>The Cause:</p> <p>I ask myself why I am angry, what did they do to me to cause the anger?</p> <p><i>Big Book pg. 64</i></p> <p>-----</p> <p>Avoid sentences beginning with “Always.....” or “Never.....” ---- be as specific as possible</p>	<p>Affects My:</p> <p>On my grudge list I set opposite each name my injuries. Was it my <i>self-esteem</i>, my <i>pride</i> my <i>emotional security</i>, my <i>financial security</i>, my <i>physical security</i>, my <i>ambitions</i>, my <i>personal relations</i>, or <i>sex relations</i>, which had been interfered with?</p> <p><i>Big Book pg. 65</i></p> <p>-----</p> <p><i>Self-esteem</i> = How I feel about me</p> <p><i>Pride</i> = How I think the world feels about me</p> <p><i>Emotional Security</i> = General sense of well-being</p> <p><i>Ambitions</i> = My ability to do or accomplish things</p>	<p>What Did I Do?</p> <p><i>Putting out of mind the wrongs others have done</i>, I resolutely look for my own mistakes. <i>What did I do</i>, 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><i>Big Book pg. 67</i></p> <p>-----</p> <p>Harbored Allowed Victim Expectations</p> <p>Walls Irresponsible Lied Lacked prayer</p> <p>Also: Used, Character assassinated, Retaliated, Alienated, etc.</p>	<p>Where Had I Been:</p> <ul style="list-style-type: none"> - <i>Frightened</i> - <i>Irresponsible</i> - <i>Inconsiderate</i> - <i>Dishonest</i> - <i>Selfish</i> - <i>Self-Seeking</i> - <i>Judgmental</i> <p>Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old resentment, even though I may have done nothing to cause it?</p> <p><i>Big Book pg. 67</i></p> <p>-----</p> <p><i>Self-seeking</i> = Attempting to advance oneself at another’s expense</p>