

## Review of "Re-resentments" -- (What you keep "Re-Sending" through your thinking and feeling)

**Instructions for Completion:** Get a sponsor and work steps 1-3 with him/her. Complete this worksheet with his/her assistance. Do not attempt to work the 12 Steps in isolation!

- In dealing with resentments, we put them on paper. We listed people (always including ourselves), institutions, principles, or ideas over which we have experienced anger, upsets, disappointments, judgments, or blame. (Complete Column 1 from top to bottom. Do nothing on the other Columns until Column 1 is completed.)
- We asked ourselves, "Why do I feel this way?" "What happened?" List the reasons for the resentment or the evidence that justifies having the resentment in the first place. (Complete Column 2 from top to bottom. Do nothing on the other Columns until Column 2 is completed.)
- On our grudge list, we set opposite each name our injuries. Was it our self-esteem, personal relationships, material or emotional security, or sex relations, which felt threatened or had been interfered with? (Check off the appropriate "Aspect of Self" within Column 3, starting with "Self-Esteem" and finishing with "Sex Relations." Do nothing with Columns 4 - 7 until Column 3 is completed.)
- Referring to our list again while putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been **selfish, dishonest, self-seeking, frightened, and inconsiderate**? Through a situation may not have been entirely our fault, we disregard the other person(s) involved entirely for this exercise. We ask ourselves, "For what am I willing to claim responsibility in the matter?" Knowing that the extent to which we are willing to own responsibility is the extent to which we can experience personal empowerment.
- List the hidden payoffs in Column 5 and the costs in Column 6.
- List what the impact has been on this person, principle, circumstance, or idea in Column 7.
- Reading from left to right, we now see the resentment (Column 1); the cause (Column 2); the "part of self" that was affected (Column 3); the exact "defect of character" that allowed the resentment to surface and block us off from our Higher Power's will (Column 4); the payoffs (Column 5); and costs (Column 6); and the impact for carrying this resentment.

I'm resentful at:	The cause:	What part of me felt threatened?				What is the exact nature of my mistakes? For what am I willing to be responsible?			What are the hidden "payoffs" for holding this resentment?	What does holding onto this resentment "cost" me and my life?	The Impact			
		Column 1	Column 2	Column 3	Column 4	Column 5	Column 6	Column 7						
		Self-Esteem	Personal Relationships	Material (Worldly Goods)	Emotional	Sex Relations	Selfish/ Self-Centered	Self-Seeking	Dishonest	Fearful	Inconsiderate	• Making someone "wrong" (blaming) • Getting to be "right" or "better-than" • Avoiding taking action or risks • Not owning the problem • Getting to "play the victim" • Able to dominate (control) or avoiding being dominated (controlled) • Etc. (There are others!)	Success? Happiness? Fulfillment? True Intimacy? Honest Self-Expression? Spiritual Connection? Love & Affinity? Physical/Emotional Well-Being? Empowerment? Freedom? Etc.	

Column 1

Column 2

Column 3

Column 4

Column 5

Column 6

Column 7

I'm resentful at:	The cause:	What "part of self" felt threatened?				What is the exact nature of my mistakes? For what am I willing to be responsible?				What are the hidden "payoffs" for holding onto this resentment?	What does holding onto this resentment "cost" me and my life?	The Impact						
List the people, institutions, principles, circumstances, or ideas with which you are (or have been) angry, upset, disappointed, or which you blamed or judged. These are the "triggers" or "prompts" that cause you to experience being disempowered.	List the evidence or justifications you have for the resentment. List these reasons, as they are presented by the "voice inside your head." These are also known as the "stories" or "narratives" you took on which keep the resentment in place.	Self-Esteem	Social Instinct	Personal Relationships	Security Instinct	Material (Worldly Goods)	Sex Instinct	Emotional	Sex Relations	Selfish/ Self-Centered	Self-Seeking	Dishonest	Fearful	<ul style="list-style-type: none"> <li>• Making someone "wrong" (blaming)</li> <li>• Getting to be "right" or "better-than"</li> <li>• Avoiding taking action or risks</li> <li>• Not owning the problem</li> <li>• Getting to "play the victim"</li> <li>• Able to dominate (control) or avoiding being dominated (controlled)</li> <li>• Etc. (There are others!)</li> </ul>	Success? Happiness? Fulfillment? True Intimacy? Honest Self-Expression? Spiritual Connection? Love & Affinity? Physical/Emotional Well-Being? Empowerment? Freedom? Etc.	What negative impact does holding onto this resentment have on this person, institution, principle, circumstance or idea? Your resentment may hurt someone or keep you from making a difference in an area of life. It may cause harm to organizations or perpetuate unhealthy/dysfunctional patterns of behavior in relationships or circumstances. If you carry this Resentment, you may continue to have this impact on people, places, etc. into the future.		
										Sex Relations	Selfish/ Self-Centered	Self-Seeking	Dishonest				Fearful	Inconsiderate

## Review of "F.E.A.R." -- (False Evidence Appearing Real)

### Instructions for Completion: Get a sponsor and work steps 1-3 with him/her. Complete this worksheet with his/her assistance. Do not attempt to work the 12 Steps in isolation!

1. "We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them." (Complete Column 1 from top to bottom. Do nothing with the other Columns until Column 1 has been completed.)
2. "We asked ourselves why we had them." Where did we first develop this fear? (Complete Column 2 from top to bottom. Do nothing with Columns 3-7, until Column 2 has been completed.)
3. What part of self does this fear impact? (Complete each section within Column 3.)
4. Which character defects accompany this fear? Where had we been **selfish, dishonest, self-seeking, frightened, and inconsiderate**? Though a situation may not have been entirely our fault, we disregard any other person(s) involved entirely for this exercise. We ask ourselves, "For what am I willing to claim responsibility in the matter?" Knowing that the extent to which we are willing to own responsibility is the extent to which we can experience personal empowerment.
5. List the hidden "payoffs" in Column 5 and the "costs" in Column 6.
6. In Column 7, list what the impact has been on this person, principle, circumstance, or idea.
7. Reading from left to right, we now see the fear (Column 1), the cause (Column 2), the "part of self" that was affected (Column 3), the exact defect of character that allowed the fear to surface and block us off from our Higher Power's will (Column 4), the "payoffs" (Column 5), and "costs" (Column 6), and the impact for continuing to carry around this fear.

I am fearful of:	The cause:	Column 3				Column 4			Column 5	Column 6	Column 7			
		Social Instinct	Security Instinct	Sex Instinct	Selfish/ Self-Centered	Self-Seeking	Dishonest	Fearful						
List the names of people, institutions, principles, circumstances, or ideas that cause you fear, worry, anxiety, or obsessive focus.	Where did you develop this fear? List the evidence or reasons as they sound by the "voice in your head." You took on these "stories" which keep fear in place. Until you give up fear, you'll use these reasons to "search for more evidence" to prove the fear right. Evidence justifies the fear. This is a self-fulfilling prophecy?	Self-Esteem	Personal Relationships	Material (Worldly Goods)	Emotional	Sex Relations	Selfish/ Self-Centered	Self-Seeking	Dishonest	Fearful	Inconsiderate	<ul style="list-style-type: none"> <li>• Making someone "wrong" (blaming)</li> <li>• Getting to be "right" or "better-than"</li> <li>• Avoiding taking action or risks</li> <li>• Not owning the problem</li> <li>• Getting to "play the victim"</li> <li>• Able to dominate (control) or avoiding being dominated (controlled)</li> <li>• Etc. (There are others!)</li> </ul>	Success? Happiness? Fulfillment? True Intimacy? Honest Self-Expression? Spiritual Connection? Love & Affinity? Physical/Emotional Well-Being? Empowerment? Freedom? Etc.	What negative impact does holding onto this fear have on this person, institution, principle, circumstance or idea? Your fear may hurt someone or keep you from making a difference in an area of life. It may cause harm to organizations or perpetuate unhealthy/dysfunctional patterns of behavior in relationships or circumstances. If you carry this fear, you may continue to have this impact on people, places, etc. into the future.

Column 1

Column 2

Column 3

Column 4

Column 5

Column 6

Column 7

I am fearful of:	The cause:	What "part of self" does this fear impact?			What character defects accompany this fear? For what am I willing to be responsible?			What are the hidden "payoffs" for holding onto this fear?	What does holding onto this fear "cost" me and my life?	The Impact										
List the names of people, institutions, principles, circumstances, or ideas that cause you fear: worry, anxiety, or obsessive focus.	Where did you develop this fear? List the evidence or reasons as they sound by the "voice in your head." You took on these "stories" which keep fear in place. Until you give up fear, you'll use these reasons to "search for more evidence" to prove the fear right. Evidence justifies the fear. This is a self-fulfilling prophecy?	Social Instinct	Security Instinct	Sex Instinct	Self-Esteem	Personal Relationships	Material (Worldly Goods)	Emotional	Sex Relations	Selfish/ Self-Centered	Self-Seeking	Dishonest	Fearful	Inconsiderate	<ul style="list-style-type: none"> <li>• Making someone "wrong" (blaming)</li> <li>• Getting to be "right" or "better-than"</li> <li>• Avoiding taking action or risks</li> <li>• Not owning the problem</li> <li>• Getting to "play the victim"</li> <li>• Able to dominate (control) or avoid being dominated (controlled)</li> <li>• Etc. (There are others!)</li> </ul>	Success? Happiness? Fulfillment? True Intimacy? Honest Self-Expression? Spiritual Connection? Love & Affinity? Physical/Emotional Well-Being? Empowerment? Freedom? Etc.	What negative impact does holding onto this fear have on this person, institution, principle, circumstance or idea? Your fear may hurt someone or keep you from making a difference in an area of life. It may cause harm to organizations or perpetuate unhealthy/dysfunctional patterns of behavior in relationships or circumstances. If you carry this fear, you may continue to have this impact on people, places, etc. into the future.			

## Review of Sex Conduct – How We Behaved Sexually

1. We listed people we harmed. (Complete Column 1 from top to bottom. Do nothing with the other Columns until Column 1 is complete.)
2. We asked ourselves what we did. (Complete Column 2 from top to bottom. Do nothing on Columns 3-7 until Column 2 is complete.)
3. Was it our self-esteem, our security, our ambitions, our personal or sexual relations which felt threatened or had been interfered with? (Complete each Column within Column 3 going from top to bottom starting with the self-esteem Column and finishing with the sexual relations Column. Do nothing on Columns 4-7 until Column 3 is complete.)
4. Referring to our list again, while out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, frightened, and inconsiderate? (Asking ourselves these questions, we complete each Column within Column 4.)
5. List the hidden "payoffs" in Column 5 and the "costs" in Column 6.
6. List the harmful impact our behavior may have had on this person. You may have to guess at this unless you know for sure, but allow yourself to fully confront the reality of how your conduct was received by the other person and what their experience must have been like. The more honest you get with this portion of the exercise, the more powerful it can be.

Who did I harm?	What did I do?	What "part of self" felt threatened, which manifested in this behavior?				What character defects accompanied this behavior? For what am I willing to be responsible?			What were the hidden "payoffs" we took that justified our behaving in this manner?	What did this behavior "cost" me and my life?	What harmful impact did this behavior have on this person?			
		Social Instinct	Security Instinct	Sex Instinct		Selfish/Self-Centered	Self-Seeking	Dishonest				Fearful	Inconsiderate	
List all people we harmed through our sex conduct. Include appropriate (significant other/spouse) or inappropriate sexual relations (such as elicit affairs or sexual behavior between an adult and a minor). Include overt and covert sexual behaviors (such as sexual harassment, sexual withholding, inappropriate flirting, threats, using sex as a weapon or as a way to manipulate, etc.)	Describe the specific behavior. Without blaming or judging yourself, humbly and honestly face what you did or didn't do.	Self-Esteem	Personal Relationships	Material (Worldly Goods)	Emotional	Sex Relations	Selfish/Self-Centered	Self-Seeking	Dishonest	Fearful	Inconsiderate	<ul style="list-style-type: none"> <li>• Relief from immediate pain?</li> <li>• Self-Esteem/Confidence Boost?</li> <li>• A feeling of control or power?</li> <li>• The feeling of being "justified?"</li> <li>• Not having to be responsible for the outcome?</li> <li>• A feeling of being "protected" or not having to be vulnerable?</li> <li>• Getting to punish someone? Etc.</li> </ul>	Success? Happiness? Fulfillment? True Intimacy? Honest Self-Expression? Spiritual Connection? Love & Affinity? Physical/Emotional Well-Being? Empowerment? Freedom? Health and/or Wellbeing? Etc.	Examine how this sex conduct may have negatively impacted them. What must it have been like for them? What unpleasant or difficult consequences might they have been left with as a result? (Did you hurt them physically or emotionally? Did you harm their marital or other relationships? Did you give them a sexually transmitted disease? Did you hurt their ability to trust people? Did you hamper their ability to earn a living? Etc.)