

<p>I am resentful at: Who - People, Places and Institutions</p>	<p>The Cause: What they did</p>	<p>Affects My: How I felt</p>	<p>My Part</p>
<p>(We listed people, institutions or principles with whom we were angry.)</p> <p>We went back through our Lives. Nothing counted but thoroughness and honesty</p> <p>NOTE: Read from page 63 through page 65 before beginning. When finished following suggestion read through page 67</p>	<p>(Why am I angry)</p>	<p>*Self-esteem? *Security? *Ambitions? *Personal or Sex relations? *Fear?</p>	<p>1. Where have I been, - Selfish? - Dishonest? - Self-seeking? - Frightened?</p> <p>2. Where was I to blame?</p> <p>3. In <u>each</u> case:</p> <p>a. Putting out of our minds the wrongs others had done, we resolutely looked for our <u>own</u> mistakes.</p> <p>b. When we say <u>our</u> faults, we listed them.</p> <p>c. We admitted <u>our</u> wrongs Honestly and were willing to set the matter straight</p> <p>d. The inventory was <u>our's</u> NOT the other man's</p>

Fear: What are my fears	Why do I have them:	Solutions
<p>“HOW IT WORKS”, Read from the bottom of page 67. last paragraph, to the last paragraph of page 68. Follow those suggestions.</p> <ul style="list-style-type: none">• You may pick up some from the resentment list• Be sure to list those where there NO resentments		

<p style="text-align: center;">Sex: Whom did I hurt</p> <p>We must be willing to make amends were we have done harm, provided we do not bring about still more harm in so doing.</p> <p>The relationship – We got this all down on paper.</p>	<p>Where was I</p> <ul style="list-style-type: none"> • Selfish • Dishonest • Inconsiderate <p>How did it unjustifiable arouse</p> <ul style="list-style-type: none"> • Jealousy? • Suspicion? • Bitterness? 	<p>Defect: What should I have done instead? Solution?</p> <p>“We asked God to mold our ideals and help us to live up to them.”</p> <p>“We remember that our sex powers were God given and therefore good, neither to be despised and loathed”</p> <p>“We asked God in meditation what we should do about each specific matter.”</p> <p>“God alone can judge our sex situation”</p>
<p>“HOW IT WORKS” Read from last paragraph, page 68 through third paragraph of page 70. Follow those suggestions. In this way we tried to shape a sane and sound ideal for our future sex life. We asked God... The right answer will come, if we want it.</p>		