

**UA FOURTH STEP INVENTORY: RESENTMENTS**

Read from bottom of page 63 through 65 of the Big Book before beginning.

1. Column 1: Page 64: "In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry." (Complete column 1 from top to bottom. Do nothing with column 2,3,4 until column 1 has been completed).
2. Column 2: Page 64: "We asked ourselves why we were angry." (Complete column 2 from top to bottom. Do nothing with column 3 & 4 until column 2 has been completed).
3. Column 3: Page 65: "On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with? " (Complete each column within column 3 from top to bottom. Starting with Self-Esteem and finishing with Sex Relations. Do nothing with column 4 until column 3 has been completed).
4. Column 4: Page 67: "Referring to our list again. 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 and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's."

| I'm resentful at:<br>1                                                            | The Cause<br>2  | What part of self was hurt or threatened? 3 |       |                    |            |           |                    | Where was I to blame? 4 |  |         |              |           |            |               |  |
|-----------------------------------------------------------------------------------|-----------------|---------------------------------------------|-------|--------------------|------------|-----------|--------------------|-------------------------|--|---------|--------------|-----------|------------|---------------|--|
| List the names of the people, institutions or principles with whom we were angry. | Why am I angry? | Self-Esteem                                 | Pride | Emotional Security | Pocketbook | Ambitions | Personal Relations | Sex Relations           |  | Selfish | Self-Seeking | Dishonest | Frightened | Inconsiderate |  |
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