

### Part Three Of The Writing...The Resentments

#### 3rd Step Prayer---Be Neat and Thorough (Did you notice this yet?)

##### Age 0-10

List the following for each age group in column form (following the example in the Big Book)...

**I'm resentful at:**

list the person, institution, or principle.

**The Cause:**

10 words or less.

**Affects my:**

see areas below that are affected.

Write in the following abbreviations for these areas of your life that are affected. Fear gets listed on every one and place it in parenthesis.

SE - self-esteem

PR - personal relations

SR - sex relations

AMB - ambition

\$ - pocketbook / security

(fear)

List every resentment that comes to mind, every moment of uncomfortability that comes to mind, against a person, place, or principle. (There may be multiple resentments against the same person, place or principle) Remember what the Big Book said after you took that 3rd Step Prayer.

Can you fit all of your resentments for each "age" on a half page like the work you did in the timeline? You will need many pages for this part of the writing. When you have completed an "age" leave some blank pages at the end as more resentments will present themselves and you will need to go back to list them.

Resentments against God and even yourself? Yes indeed. Search fearlessly and thoroughly and you will come upon them. Resentments against yourself come in the form of harms. List them! The resentment prayer is on page 552 of the Big Book, use it.

##### Age 11-15

Repeat the same for each age group in increments of five years...