Resentment List

#	I am Resentful at:	The Cause: (What did "they" do?)	Affects my: (Give an Example)

4th Column (my part)

#	Pray, for each person/situation:	Where was I: Selfish, Dishonest, Self-seeking, or Frightened?	Where was I to blame/fault?	Matters that I need to set straight. (The start of the 8th step list.)

Fear List

#	List the Fears	Ask, why do I have them? Give an example of how self-reliance failed:	Give an example of how I could be God reliant in this case:	Ask God to remove my fear: What would He have us be?

Sex Inventory

	Sex Conduct/Relationships	Where was I: Selfish, Dishonest, or Inconsiderate. Whom had I hurt? Did I arouse jealousy or the like?	Where was I at fault? What should I have done differently?	Ask God to mold my ideals.