**Beyond Back-to-Basics, A Design for Living**

**1 Month Sessions**

WORKSHEET FOR 4TH STEP

to be done with a Sponsor or Action Partner

(Resentment or Fear)

Please fill out this worksheet on someone you have a resentment for. Or you can list a fear. You might choose a person or situation that is particularly charged for you right now. Read the worksheet to your sponsor or action partner before our next meeting. Discuss Part 3 with your sponsor and action partner in preparation for next month.

I have a resentment towards \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

or

I have a fear about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PART I**

Why do you resent this person or have this fear?

What is your reaction when you have this resentment or fear?

Where do you feel it in your body?

How has this affected you in your life?

Where were you thinking only of yourself (i.e. under earning, under being etc.)?

Where were you inconsiderate of others?

Where were you inconsiderate of yourself?

Where did you feel the fear of losing something or not getting what you want?

Where did you try to play God and be in control?

Where were you dishonest with yourself?

Where were you dishonest with others?

Where have you blamed others?

Where have you blamed yourself?

Where did you feel superior?

Where did you feel shame or low self-esteem?

Where have you felt you wanted something that didn't belong to you? (Where did you envy?)

Where did you procrastinate or avoid taking action?

Are you willing to have God remove these liabilities and replace them with assets? If you say, "Yes" then you begin looking at the assets you want to bring into your life. (We will be taking the 6th and 7th steps in next month, this is making preparation for those steps)

**PART 2**

What would this situation look like if you had Faith in God?

What would this situation look like if you had Faith in yourself?

What would this situation look like if you had Faith in the other person or institution?

What would this situation look like if you had consideration for yourself?

What would this situation look like if you had consideration for the others?

What would this situation look like if you were not blaming yourself or others?

What would this situation look like if you were honest and authentic? (With yourself? With others?)

What would this situation look like if you had humility?

If you felt self-esteem?

If you saw yourself and others as equal?

You felt you were worthy?

If you saw them as worthy?

What would this situation look like if you felt acceptance?

What would this situation look like if you felt the energy and willingness to take action?

Where can you be generous in this situation? Where can you give your love, your gifts to the others and not hold back? Where can you give the gift of "live and let live" to the other people?

Where can you find gratitude for this situation? What useful lessons have you learned because of this situation?

Are you willing right now to forgive every person involved in this situation 100% for everything you believe they did to you?

Are you willing right now to forgive yourself 100% for carrying this resentment or fear?

Part 3

* + - Discuss if you have any wrongs to set right and any amends to make to this person and to yourself.
    - Make a short list of amends. We will discuss how to do amends in Month three.
    - Hold on to this list and your list of liabilities for when we take step 8 and 9.