

## Review of ANGERS (4 Col)

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4
<p><b>I Am Resentful At:</b></p> <p>I list <i>people, institutions</i> or <i>principles</i> with whom I was angry.</p> <p><i>Big Book pg. 64</i></p>	<p><b>The Cause:</b></p> <p>I ask myself why I am angry, what did they do to me to cause the anger?</p> <p><i>Big Book pg. 64</i></p>	<p><b>Affects My:</b></p> <p>On my grudge list I set opposite each name my injuries. Was it my <i>self-esteem</i>, my <i>pride</i> my <i>emotional security</i>, my <i>financial security</i>, my <i>physical security</i>, my <i>ambitions</i>, my <i>personal relations</i>, or <i>sex relations</i>, which had been interfered with?</p> <p><i>Big Book pg. 65</i></p> <p>-----</p> <p><i>Self-esteem</i> = How I feel about me</p> <p><i>Pride</i> = How I think the world feels about me</p> <p><i>Emotional Security</i> = General sense of well-being</p> <p><i>Ambitions</i> = My ability to do or accomplish things</p>	<p><b>Where Had I Been:</b></p> <ul style="list-style-type: none"> <li>- <i>Frightened</i></li> <li>- <i>Irresponsible</i></li> <li>- <i>Inconsiderate</i></li> <li>- <i>Dishonest</i></li> <li>- <i>Selfish</i></li> <li>- <i>Self-Seeking</i></li> <li>- <i>Judgmental</i></li> </ul> <p>Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old resentment, even though I may have done nothing to cause it?</p> <p><i>Big Book pg. 67</i></p> <p>-----</p> <p><i>Self-seeking</i> = Attempting to advance oneself at another's expense</p>