

## Extended 3<sup>rd</sup> column

Use the stuff from resentment page of why to show how it affects me.....

...end each with because I am God/because I am better than them.

**Self- Esteem:** I am (the shit, awesome, brilliant, etc) How dare they ....

**Pride:** Others should or No one should ever know about or be ....

**Personal relations:** (Men/Women) Others should see, feel, or trust me as...

**Sex Relations:** (?s on pg 69 of Big Book)

1. Where had I been selfish/dishonest/inconsiderate?
2. Did I unjustifiably arouse jealousy/suspicion/bitterness?
3. Where was I at fault?
4. What should I have done instead?

**Ambition:** I want...

**Security:** I need...

**Pocketbook:** I'm not willing to pay the price of (looking or feeling like..)