

## My Resentments/ My Character Defects

Reference: pp. 62-66 of AA Big Book

I resent \_\_\_\_\_ because \_\_\_\_\_

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My part in my resentment is

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The character defects to be turned over to God are

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Resentment Prayer on page 552 of the AA Big Book: He said, in effect" If you have a resentment you want to be free of, if you will pray for the person or the thing that you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free ask for their health, their prosperity, then happiness, and you will be free.

Even when you don't really want it for them and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it every day for 2 weeks, and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred you now feel compassionate understanding and love.

I then committed to God and my sponsor that I will not speak of this resentment again and when the resentment and compulsive/obsessive thinking of this person, place or thing pops into my head I will say Thy Will Be Done and not speak it or think it. ...