# Review of Angers

| COLUMN 1 | COLUMN 2 | COLUMN 3 | COLUMN 4 | COLUMN 5 |
|---|---|---|---|---|
| **I Am Angry At:**<br><br>I list ***people, institutions*** or ***principles*** with whom I was angry.<br><br>*Big Book pg. 64* | **The Cause:**<br><br>I ask myself why I am angry, what did they do to me to cause the anger?<br><br>*Big Book pg. 64*<br><br>- Bullet Points<br>- Try to be as brief as possible<br>- The more we write the more we begin to rationalize and justify our behavior<br><br>----------<br><br>Avoid sentences beginning with "Always….." or "Never……" ---- be as specific as possible | **Affects My:**<br><br>On my grudge list I set opposite each name my injuries. Was it<br>my ***self-esteem***,<br>my ***pride***<br>my *emotional* ***security***,<br>my *financial* ***security,***<br>my *physical* ***security,***<br>my ***ambitions***,<br>my ***personal relations***,<br>or ***sex relations***,<br>which had been hurt, threatened or interfered with?<br><br>*Big Book pg. 65*<br><br>----------<br><br>***Self-esteem*** = How I feel about me<br><br>***Pride*** = How I think the world feels about me<br><br>***Emotional Security*** = General sense of well-being<br><br>***Ambitions*** = My ability to do or accomplish things | **What Did I Do?**<br><br>*Putting out of mind the wrongs others have done*, I resolutely look for my own mistakes. ***What did I do***, if anything, to set in motion trains of circumstances which in turn caused people or institutions to hurt me and eventually led to my *resentment* of them for doing so?<br><br>*Big Book pg. 67*<br><br>----------<br><br>**H**arbored<br>**A**llowed<br>**V**ictim<br>**E**xpectations<br><br>**W**alls<br>**I**rresponsible<br>**L**ied<br>**L**acked prayer<br><br>Also:<br>Used,<br>Character assassinated,<br>Retaliated, Alienated, etc. | **Where Had I Been:**<br><br>- ***Frightened***<br>- ***Irresponsible***<br>- ***Inconsiderate***<br>- ***Dishonest***<br>- ***Selfish***<br>- ***Self-Seeking***<br>- ***Judgmental***<br><br>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?<br><br>*Big Book pg. 67*<br><br>----------<br><br>***Self-seeking*** = Attempting to advance oneself at another's expense |