

Looking at THEM
(what THEY Did)



Steps 8 & 9

Step 5
 Review of ANGRERS

Looking at ME
(what I Did)



Step 5

Steps 5, 6 & 7

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4	COLUMN 5
I Am Resentful At:	The Cause:	Affects My:	What Did I Do?	Where Had I Been: