

But how about those that did it to us? And we didn't have anything to do with that. How about those that hurt us as kids growing up? How about those that hurt us that we didn't do anything to cause it? Aren't we justified in having that kind of resentment? " Well I guess we are if we want to get drunk over it.

**But you see a justified resentment blocks you off from God just like an unjustified resentment does.**

When you've got a justified resentment churning around in your head, then whoever or whatever you're resenting is controlling your thinking. If they're controlling your thinking, they're controlling your decisions. They're controlling your life for you. And you have given them power to actually kill you. Cause you've given them power to cause you to get drunk again. ....Oh the greatest excuse in the world is :

**"If they hadn't have done that to me then I wouldn't have to be the way I am today".  
They call that victimization.....a fancy word for rationalization and justification**

I don't really think we have any place for that in AA. We're all adults. It's time for us to realize that whatever **has happened to us in the past does not have to control what we do today.** Now the only reason for that is to justify, rationalize and etc.