

## Fourth Step Glossary

---

**Resentments – Third Column:** What part of self was hurt or threatened?

**Has this resentment affected any or all of the following areas?**

<b>Self-esteem</b>	How I feel about myself. Favorable estimate of self.
<b>Security</b>	<b>Emotional</b> - feeling at peace and ease <b>Material</b> - opportunities now or in the future to obtain money, property, security. <b>Physical</b> - physical safety, health.
<b>Ambitions</b>	Intention. Desire to gain acceptance, recognition, power.
<b>Personal relations</b>	Relationships with other human beings and world around us.
<b>Sex relations</b>	Relations with opposite sex, sex partner or potential sex partner

---

**Resentments – Fourth Column:** What was the **exact nature** of my wrongs?

**Have I been:**

<b>Selfish</b>	Motivated to act to ultimately gain private advantage (overly concerned with oneself; psychologically <b>demanding</b> that others be what you want them to be)
<b>Self-seeking</b>	Seeking opportunities to advance one's own selfish interests ( <b>demanding</b> that people do what you want them to do)
<b>Dishonest</b>	Manipulating; being phoney, people-pleasing Illusions - deceptive or unreal appearance Delusions - persistent belief in something false; misleading of the mind
<b>Frightened</b>	Apprehension, fear, agitation, anxiety caused by presence or nearness of pain, evil, danger <b>Fear something that I have will be taken away or I won't get something I want</b>