**10th Step Format**

**I Resent \_\_\_\_\_\_\_\_\_­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Effects:** Pocket Book, Ambition, Personal Relations, Sex Relations, and Self Esteem

**My Part in the Resentment** (action or inaction) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Believing a lie, Revisiting, Failure to Tell, Failure to Forgive, Failing to let go and Move on, Money Problems – Failing to Plan, Don’t want to grow Up, Don’t want to Take Responsibility, Don’t want to Let Go, Playing a Victim

**Character Defects:** What can God remove so I can be free?

**Pride:** Approval seeking, Arrogant, Critical, Denial, Dramatic, Entitled, Image Management, Immature, Inconsiderate, Insecure, Mean, Perfectionistic, Self-Centered, Selfish, Self-Pity, Self-Righteous

**Ange**r: Controlling, Defiant, Impatient, Manipulative, Mean, Punitive, Rebellious, Unforgiving, Vengeful, Vindictive

**Greed:** (want more than my share): Controlling, Inconsiderate, Manipulative, Needy

**Gluttony** (want more things)

**Lust**

**Lying:** Dishonest, Cheating, Denial, Self-Deceit

**Envy:**  Jealousy, mean

**Sloth:** Immature, Irresponsible, Lazy

**Fear:**

**Resentment**: Mean

**Othe**r: Believe a Lie, Gullible, Unrealistic Expectations, Unrelenting Standards