

Step 5 –Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs

5C – Resentment List

Many people do step 4 starting with a resentment list. When I read my resentment list, which resentments do I still have strong feelings about?

For these resentments, what were the failed expectations and hurts? Are there any common themes in that list?

What resentments do I see as arising from unrealistic expectations? What expectations would be realistic for healthy people but not for those I have such resentments about?

How can I grieve the losses that led to those resentments?

What changes to my life would I have to make in order to not have such expectations in the future? What boundaries would I need to have in order to prevent such hurts in the future? Recognizing that other people will not change, what changes will I need to make in my life?

The other major part is a list of fears. What fears have had major impacts in my life? How has not admitting to those fears caused me further problems?

How is my courage increased as I admit to my fears?

As I go through this process, how am I getting more tolerant of other people's mistakes?