

## *Al Kohallek Goes On A Forty-Day Serendipity Journey*

**DAY 13** - Today is \_\_\_\_\_

**When you start your daily practice you may ask your Higher Power** – *“Cause me to have all the honesty, willingness and open-mindedness I may need here and now. I ask for the guidance, love and wisdom that I need to work through this process and gain the most I can at this time. I am as willing as I can be to set aside everything I even think I know about this area, this way of life so that my chances for an open-mind and to be teachable are better and that I may realize Your Three Spiritual Gifts: Awakening to You, to be the love I am and to be the individual You created me as. Thank You.”*

### INDEX FOR THIS DAY ACTION – RESENTMENTS

**USING THE LIST BOXES** – In principle you are to follow the same procedure for each of the List Boxes. **ACTION (1)** (page 47) is the first part of our Step Four Inventory Format. **a.)** Choose the items from the List Boxes you have complied with or violated. **b.)** Note your frequency choices by marking one of the columns: (R) Rarely – (S) Sometimes – (O) Often – (I) Intense or very Important. **c.)** If your Intense or most Important are not included in the List Boxes add them to the list. Take the next suggested action for each of the List Boxes after you have identified and noted your frequency choices. Each of the List Boxes are followed by a Supplement sheet for additional space. To complete the second half of this Resentment assignment, just follow **Action (3)** next.

**ACTION (3)** (page 48) - Next do the Resentment List Boxes p57 Follow the same format as you did for the top of the Assets List Boxes **ACTION (1)** (page 47). Then write out your worst resentments using the following suggested format.

- a. In column one write the name of person, place or thing.
- b. In column two write the cause, i.e., what was or was not done - take away or not given.
- c. In column three write which of your important assets was violated. (P50 Take out Asset List)
- d. In column four write what your part was. (See p51 Take out List for My Part)
- e. In column five write what was affected. (See p51 Take out List for Affects My)

Al: I ask my sponsor Lou-is what are resentments? Isn't resentment just another word for anger?

Lou-is: Resentment comes from a root word, which means to re-feel. If we would or could deal with anger quickly, that anger would not turn into resentments. So re-feeling a violation of our assets qualifies it as resentment. All resentments are directly or indirectly caused by a violation of our assets. In fact the one common characteristic of all resentments is in some way a violation of our assets. In fact violations of Assets #2 (love) and/or #3 (some violation of my individual Self), and for sure not trusting #1 my Higher Power are most often the root cause of our resentments.

Resentments, we are told in the Big Book, is our number one offender and my experience confirms this. Resentments rob me of the joy of living, and reveal most of my defects, my selfishness, self-centeredness and fear. Resentments drive a lot of alcoholics back to the bottle and if not to the bottle it could cut us off from the sun light of the Spirit. So don't cut this part of your inventory short. Follow the above format.



