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| Step 5 Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs5C 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? |  |