

South Melbourne Recovery Group

# Illustrated Steps Presentation

Presented by Chris & David

Monday 9<sup>th</sup> March 2020  
12.30pm

St Lukes Church Hall,

210-218 Dorcas St, South Melbourne

# Step Four

**Resentments**

I'M RESENTFUL AT	THE CAUSE	AFFECTS MY	MY MISTAKES & FAULTS
Mr. Brown	His attention to my wife. Told my wife of my mistress. Brown may get my job at the office.	Sex relations. Self-esteem (fear). Sex relations. Self-esteem (fear). Security. Self-esteem (fear).	
Mrs. Jones	She's a nut - she snubbed me. She committed her husband for drinking. He's my friend. She's a gossip.	Personal relationship. Self-esteem (fear).	
My Employer	Unreasonable - Unjust - Overbearing - Threatens to fire me for drinking and padding my expense account.	Self-esteem (fear). Security.	
My Wife	Misunderstands and nags. Likes Brown. Wants house put in her name.	Pride - Personal sex relations - Security (fear).	