

Write down step four and learn it off by heart.

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What is a resentment?

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What values and principles or rules are important to you?

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What is a stock take? (This is not a trick question).

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What organisations do you resent?

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Have you had repeated rows with people?

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Are you dishonest with people?

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Have you behaved in ways that left you feeling ashamed and guilty?

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Has your addiction caused problems for you at work?

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What people do you resent? Make a list.

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