

## Assignment 13 – Obstacles to the Relationship (Col 1 and 2 – BB p.65)

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1. Read and highlight the balance of page 63 to 65 in the Big Book.
2. Consider your “resentments” through each decade of your life. Consider the people, institutions, and principles that still bother you.

NOTE: A resentment is an anger that is felt over and over. It is NOT the memory of an anger. If today you are still angry (annoyed, irritated) at something from your past – it is resentment.

3. LISTEN to the 2020 PODCAST:  
28. Step 4 - Column 1 ([CLICK HERE](#))
4. Write a list (column 1) of the people (institutions, principles) you resent today. You can use page 25 of the [BBW-WOL](#). (I suggest you keep it under 10 names).
5. PODCAST LISTEN: Step 4 - Column 2 ([CLICK HERE](#))
6. Now look at each name on your list and ask “why you are angry?” (column 2). Use the table on page 26 ([BBW-WOL](#)). Using the names from your column 1 above, now write in why you are angry. Note: no more than three examples each. Keep it brief and simple. See the example below (we will review this together next week): Use BB page 65 as a model.

Person 1:      A. She is bullying me at work  
                  B. She doesn't deserve her job  
                  C. She is the reason I had to quit

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### Extension:

1. Write out definitions for:

- |              |              |             |
|--------------|--------------|-------------|
| • Inventory  | • Anger      | Resentment  |
| • Fear       | • Infidelity | Principles. |
| • Dishonesty | • Secrets    |             |