



# TWELVE STEPS IN 4 LEAPS

## RESENTMENTS

People, places, ideas,  
and/or institutions

## THE CAUSE

What action was taken that  
caused me to feel angry or  
hurt?

## THE AFFECTS

Self-esteem, pride, emotional  
security, finances, ambitions,  
personal relationships

## THE TRUTH

Where was I to blame?  
Where was I wrong or selfish? What  
character defect is there in me?


*For you are a slave to  
whatever controls you.  
2 Peter 2:19*

*Search me, O God, and know  
my heart! Try me and know my  
thoughts! And see if there be any  
grievous way in me,  
and lead me in the way  
everlasting! Psalm 139: 23-24*

*See to it that no one fails to obtain  
the grace of God; that no "root of  
bitterness" springs up and causes  
trouble, and by it many become defiled.  
Hebrews 12:15*

*Therefore, confess your sins to  
one another and pray for one  
another, that you may be healed.  
The prayer of a righteous person  
has great power as it is working.  
James 5:16*