

## Resentment is 'The Number One Offender'

GUARANTEED STRATEGIES YOU CAN START USING TODAY TO KEEP  
MORE CLIENTS FROM RELAPSING ! ~ ROBB HICKS, MD

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### Robb Hicks, MD

Licensed Physician and  
Surgeon in Missouri  
Recovered Alcoholic –  
finally -- after trying to  
get sober for 20 years!

I help recovering young adults stop  
relapsing, so they stay sober forever, face  
life successfully, and become happy, joyous  
& free.

- ❖ Sobriety [Recovery] Coaching
- ❖ Successfully Transitioning Patients &  
Clients when they are Discharged Home  
after Long-term Treatment.

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get sober for 20 years!

- ▶ Residency at St. Louis University Hospitals,  
Otorhinolaryngology, 1989-1990
- ▶ Internship at St. Louis University Hospitals,  
General Surgery, 1988-1989
- ▶ University of Southern California School of  
Medicine, Los Angeles, CA, M.D. June 1987
- ▶ Wheaton College, B.A. in Psychology, 1983

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## Robb Hicks, MD

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- ▶ Founder and CEO – Intentional Sobriety Institute
- ▶ Missouri Certified Recovery Support Specialist -- Peer
- ▶ Missouri Certified Medication-Assisted Recovery Specialist
- ▶ Recovery Coaches International, 2015 Officer, 2015 -2017 Board Member

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- ▶ Affiliate of Harvard Medical School, Institute of Coaching Professional Association
- ▶ Physicians Coaching Institute, 2011 graduate and Member of Advisory Council 2015 - 2017
- ▶ International Coach Federation, St. Louis Founding President, 2013
- ▶ Academy of Pain Research, San Francisco, CA, Auriculotherapy, 300 Hour Course, 2005

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Recovered Alcoholic – finally -- after trying to get sober for 20 years!

- ▶ NAADAC, Organizational Member, Nat'l Assn. of Alcohol and Drug Addiction Counselors
- ▶ NAATP, Member, Nat'l Assn. of Addiction Treatment Providers
- ▶ Member of the Missouri State Medical Association
- ▶ Member of St. Louis Metropolitan Medical Society

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A.A. 's first group in Akron.

75% of the alcoholics in the first  
A.A. group (Akron) achieved sobriety.

*Alcoholics Anonymous*, 4<sup>th</sup> edition p. XX.

And in Cleveland ...

"I think A.A. was more effective in those days. Records in Cleveland show that 93 percent of those who came to us never had a drink again. When I discovered that people had slips in A.A., it really shook me up."

~Clarence Snyder (Dr. Bob's sponsee and  
founder of A.A. in Cleveland)

*DR. BOB and the Good Oldtimers*, p. 261.

*The Amos Roster - February 1938*

Name	Occupation	Length of time in A.A.	Years of abstinent experience	Age
Walter Bray	Bakery Worker	10	13	44
Alvin Borden	Accountant	14	13	39
Frank Certe	Warehouse Manager	13	23	52
Joe Dugdale	Cyclist/Driver	13	23	39
William Dixon	Attorney	12	10	45
George Dwyer	Hospital attendant	2	10	42
Robert Evans	Baker	16	8	34
Ernest Galtman	Truck Driver	11	14	18
Harold Galtman	Professional A.A.C.	23	10	40
Walter Gilson	Mechanical Engineer	10	10	40
Bill Gilson	Unemployed	10	10	40
Frank Galtman	Bakery Worker	3	8	31
Alvin Hughes	Bakery Worker	4	8	31
Frank Galtman	Teacher	2	8	30
William Jones	Salesman	8	12	31
Paul Johnson	Salesman	21/2	8	31
Frank Galtman	Salesman	6	8	31
Tom Lane	Shoe Maker	17	8	31
Harry Little	Truck Driver	19	10	31
Bill Little	Merchant	5	7	31
Joe Little	Attorney	6	12	31
Robert Lloyd	Salesman	14	13	39
Charles Potts	Farmer	8	8	37
Lawrence Putnam	Book Binder	8	14	36
George Rouse	Bakery Worker	1	7	18
Carl Galtman	Policeman	21/2	8	33
Howard Galt	MD	6	10	40
Charles Galtman	Merchant	6	12	39
Al Smith	Foreman	14	20	45
Paul Smith	Insurance	20	18	47
Robert Smith	MD	33	33	38

*Edwin Galtman copy*

*Page 1*

Name	Dist.	Length of time by	Years of study	Age
Harlan Spencer	Anti-Solomon	10	10	40
Richard Stanley	Foreman	11	18	42
Paul Stanley	Insurance	19	19	46
Joe Standish	Housewife	12	12	48
Joe Schaffer	Electrician	3	8	32
Donald Smith	Bookkeeper	2	6	30
Edith Scott	Waitress	11/2	25	38
Lloyd Tate	Painter	8	15	30
Earl Trow	Insurance	7	10	38
Norman Zink	Rubber Worker	1	20	30
Thomas Trough	Rubber Worker	1	10	31
William Van Horn	Salesman	7	20	40

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DR. R. H. SMITH				
SURGEON				
FOR RECORD - MEDICAL RECORDS				
Name	Age	Length of time by	Years of study	Age
Ray, Edith	Antisocial	30	14	40
Under, John	Antisocial	13	20	30
Under, John	Antisocial	13	20	30
Under, John	Antisocial	13	20	30
Under, John	Antisocial	13	20	30
Under, John	Antisocial	13	20	30
Under, John	Antisocial	13	20	30
Under, John	Antisocial	13	20	30
Under, John	Antisocial	13	20	30
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Name	Age	Length of time by	Years of study	Age
Under, John	Antisocial	13	20	30
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Under, John	Antisocial	13	20	30
Under, John	Antisocial	13	20	30
Under, John	Antisocial	13	20	30
Under, John	Antisocial	13	20	30
Under, John	Antisocial	13	20	30
Under, John	Antisocial	13	20	30

ARCHIVAL COPY

DR. R. H. SMITH  
SURGEON

WEIGHED: 2 TO 4 P.M.

PHONES: 1-800-235-2355  
1-800-235-2355

Name	Sex	Age	Weight	Height	Temp
Christie Rott	Male	14	140	5'	98
Barthelme Farmer	Male	8	14	5'	98
Peter Lawrence	Male	8	14	5'	98
Pauline Henry	Female	3	6	3'	98
Robert Earl	Male	1 1/2	18	4'	98
David Howard	Male	6	12	3'	98
William Allen	Male	6	20	4'	98
Christie Rott	Male	14	18	4'	98
Christie Rott	Male	24	55	5'	98
Christie Rott	Male	33	10	4'	98
Christie Rott	Male	10	10	4'	98

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Christie Rott	Male	14	55	5'	98
Christie Rott	Male	33	10	4'	98
Christie Rott	Male	10	18	4'	98
William Allen	Male	11	10	4'	98
Stanley Richard	Male	19	12	4'	98
Stanley Richard	Male	12	8	3'	98
Stanley Richard	Male	2	6	3'	98
Stanley Richard	Male	2	25	36	98
Stanley Richard	Male	1 1/2	18	4'	98
Stanley Richard	Male	8	10	3'	98
Stanley Richard	Male	7	20	4'	98
Stanley Richard	Male	1	10	3'	98
Stanley Richard	Male	7	20	4'	98

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### Dr. Bob's Prescription for Sobriety

R. H. SMITH, M. D.  
AKRON, OHIO  
2ND NATIONAL BLDG  
TELEPHONE: WE-8823  
RES. NO. \_\_\_\_\_  
FOR alcoholics  
ADDRESS \_\_\_\_\_ DATE Feb 1937  
Always remember it  
1. Trust God  
2. Clean house  
3. Help others  
NR 1 2 3 INF. \_\_\_\_\_ M. D.

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### The Big Book says:

“When the spiritual malady is overcome,  
we straighten out mentally and physically.”

‘How it Works’ in *Alcoholics Anonymous*,  
4<sup>th</sup> edition, p. 64

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### The Big Book says:

“To be doomed to an alcoholic death  
or to live on a spiritual basis are not  
always easy alternatives to face.”

‘To the Agnostic’  
in *Alcoholics Anonymous*, 4<sup>th</sup> edition, p. 44

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NR 1 2 3 INF. \_\_\_\_\_  
Dr. Bob M. D.

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## Vengeful Resentments Destroy Us

"...in A.A. we slowly learned that something had to be done about our vengeful resentments..."

'Step Four' in *Twelve Steps and Twelve Traditions*, 1952, p. 47

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## What does the Big Book say instead?

"Resentment is the 'number one' offender"  
Resentment "destroys more alcoholics than anything else."

'How it Works' in  
*Alcoholics Anonymous*, 4<sup>th</sup> edition, p. 64

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Defining the word 'resentment'

*Resentere* means 'to feel again,'  
specifically feeling angry  
over and over.

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Describing the damage caused by resentment

Resentments create emotional bondage,  
referred to as Amygdala Hijacking  
by neuroscientists.

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Resentments create Emotional Bondage

'As long as you resent one of your parents  
[as long as you stay angry at your parents]  
you will never grow up.' ~ Fritz Perls

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What happens when I choose to blame others?

'There is always this element of concealed accusation in neurosis, the patient feeling as though he were deprived of his right--that is, of the center of attention--and wanting to fix the responsibility and blame upon someone.'  
~ Alfred Adler

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I choose to stay neurotic when I hold onto Resentments!

Blaming is the essence of neurosis  
~ Alfred Adler

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So we have a choice to make

Ignore our resentments and stay spiritually sick

Rid ourselves completely of resentments and create the opportunity to live on a spiritual basis.

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That decision has only two choices

Assume total and complete responsibility for those people, places and things I resent.

#### Empowering

- ✓ People are simply responding to how I treat them.
- ✓ By changing how I act, I change how you treat me.
- ✓ Changing myself seems to change you.

Blame Others and Play the Victim

#### Disempowering

- ▶ People feel sorry for me
- ▶ Criticizing others
- 1. Allows me to avoid responsibility for problem
- 2. Keeps me from having to look at myself

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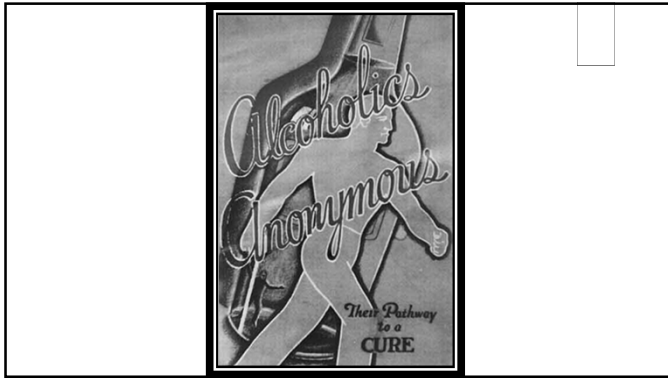
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It's what the alcoholic or addict tells him/herself that matters.

'The neurotic is nailed to the cross of his fiction.' ~ Alfred Adler

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It's what the alcoholic or addict tells him/herself that matters.

"Tell story about pregnant wife in labor yelling, and I'm comforting her.

Then 3 weeks later she is yelling at me in the kitchen, and I'm yelling back!

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"In dealing with resentments,  
we set them on paper.

*Alcoholics Anonymous*, 4<sup>th</sup> edition, p. 64

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### Steps to Wrestle Free from Anger & Resentments

1. Choose a person, institution or principle with whom you are angry.
2. Write down exactly what you are still angry about, telling the story with all the gory details and sounding like a victim where appropriate.
3. Now rewrite your story, disregarding the other person entirely. When done properly, your story should document precisely how you are responsible for whatever angry event transpired.
4. Share this new story with someone you trust, like a sponsor, and ask if they hear you sounding accountable for the entire situation.
5. Wash-Rinse-Repeat: Rewrite the story as needed until you are no longer a victim, and you have accepted complete responsibility.
6. Read that story to yourself and notice when your inner voice argues that you are the victim. Write those specific events down on paper.
7. When you've identified them all, stop and analyze each event until you uncover something you did or said that possibly caused that person to respond as they did.
8. Once you can own it all, it is now time to take action. Seek out that person, place or institution today and apologize.

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### Wrapping it all up – checklist 2/2

- ▶ Review the tear sheet and ask people to fill it out.
- ▶ "If you have any questions that came up today, please write it on the back of the half you hand in."
- ▶ "When you hand in your tear sheet, I have a Memory Card that has the list of steps we followed today, and on the back are the 9<sup>th</sup> Step promises."

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