

Resentment is 'The Number One Offender'

GUARANTEED STRATEGIES YOU CAN START USING TODAY TO KEEP
MORE CLIENTS FROM RELAPSING !

~ ROBB HICKS, MD

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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Licensed Physician and
Surgeon in Missouri
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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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Surgeon in Missouri

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get sober for 20 years!

- ▶ 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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- ▶ 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

A.A.'s first group in Akron.

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

Alcoholics Anonymous, 4th 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 dry	Years of drinking experience	Age
Walter Brey	Baker Worker	30	15	44
Alvin Borden	Accountant	14	15	50
Frank Curtis	Barber Manager	13	25	52
John Dugay	Office Worker	11	25	55
William Dutton	Attorney	32	30	48
George Duester	Hospital Attendant	2	10	42
Albert Evans	Waiter	14	5	34
Ernest G. Evans	Truck Driver	31	14	33
Harold G. Evans	Postman/AT&T Co.	25	10	49
Elmer Evans	Business Manager	14	20	49
JD Hoban	Neocopher	10	18	56
Frank Madlak	Baker Worker	3	8	35
John Madlak	Radio Salesman	8	8	32
Wade Madlak	Teacher	2	6	34
William Jones	Soldier	8	12	35
Paul Johnson	Soldier	21/2	2	35
Frank Kenney	Soldier	6	8	36
Tom Lester	Sheet Metal	17	6	35
Harry Lester	Textile Worker	15	10	32
Ed Quinn	Merchant	3	7	36
Joe Quinn	Attorney	6	12	36
John Quinn	Soldier	14	15	39
Charles Palko	Farmer	8	8	37
Lawrence Paton	Book Seller	8	14	36
Henry Peacock	Police Officer	3	7	33
Carl Riegert	Policeman	11/2	6	33
Howard Seif	Ad	6	18	49
Carl Senn	Miner	6	12	39
Al Smith	Foreman	14	20	46
Phil Smith	Insurance	29	18	47
Robert Smith	Ad	35	33	58

Editor's note: cut off no copy

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Name	Bus.	Length of time dry	Driving experience	Age
Robert Sprout	Deliveryman	10	10	46
Robert Sprout	Fireman	11	18	41
Paul Stanley	Insurance	19	10	40
Jane Standard	Housewife	12	12	40
John Stiglitz	Deliveryman	3	8	22
Harold Schatz	Broker	2	6	30
Edith Scott	Waitress	11/2	23	38
Lydia Scott	Painter	8	12	39
Earl Scott	Investor	7	10	38
Norman Scott	Rubber Worker	1	20	30
Thomas Trough	Rubber Worker	1	10	31
William Van Horn	Soldier	7	20	46

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DR. R. H. SMITH		DRIVERS		PICKERS	
DRIVERS		DRIVERS		PICKERS	
AMERICAN NATIONAL INSURANCE		AMERICAN NATIONAL INSURANCE		AMERICAN NATIONAL INSURANCE	
Zone	Bus.	Length of time dry	Driving experience	Age	Age
Bray, Walter	Deliveryman	30	14	46	46
Conrad, Alvin	Deliveryman	14	14	42	42
Curtis, Frank	Deliveryman	13	20	39	39
Longfellow, Jim	Upholsterer	10	20	45	45
Bottom, John	Attorney	22	10	42	42
Converse, Leo	Soldier	2	8	34	34
Erman, Bob	Deliveryman	16	14	35	35
Gallagher, Ernest	Truck Driver	31	10	46	46
Grinninger, Charles	Deliveryman	23	20	46	46
Holloman, Wallace	Mech. Eng.	10	18	31	31
Johnson, Fred	Deliveryman	10	8	31	31
Johnson, Fred	Deliveryman	3	5	22	22

Miller, Warren	Knifepoint	10	F	31
Alms, J.D.	Rebels	3	S	21
Kearns, Frank	Rebels	4	S	26
Linger, John	Rebels	2	S	31
Blodgett, Wicks	Teacher	8	12	44
Jones, M. H.	Soldier	2 1/2	F	30
Johnson, Fred	Soldier	6	S	31
Hummer, Frank	Soldier	17	S	31
Stevens, Tom	Sheet Metal	19	10	31
Hattie, Harvey	Tool Cmntr	19	7	31
Nale, Ed.	Mechanic	5	S	21
Allen, Ar.	Attorney	6	12	31

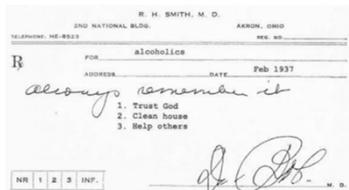
Indicates pickup point

HOURS:		DR. R. H. SMITH		ARCHIVAL COPY	
2 TO 4 P.M.		BUREAU		PHOTOGRAPHIC	
Time	Rec'd.	SEARCHED	INDEXED	SEARCHED	INDEXED
Birth Robt. Tolman		14		14	5
Paris Clark Farmer		8		8	5
Peter Lawrence Cook Teller		5		14	26
George Henry Reddick		3		7	3
Reinert Carl Tolman		1 1/2		6	3
Wesel Howard M.D.		6		18	4
Emerson Clark Reddick		14		12	3
Smith Al Tolman		29		20	4
Smith Al Tolman		33		55	5
Smith Robt M.D.		10		10	4

Wirth	10	74	50
Wright Phil	Insurance	33	50
Wright Robt	M.D.	10	44
Wren Helen	Auto Salesman	10	18
Wrenley Richard	Truckman	11	10
Wrenley Paul	Insurance	19	4
Wrenley Paul	Insurance	12	12
Wrenley Paul	Insurance	12	4
Wrenley Paul	Insurance	8	31
Wrenley Paul	Insurance	3	6
Wrenley Paul	Truck Driver	7	25
Wrenley Paul	Truck Driver	14	26
Wrenley Paul	Truck Driver	14	57
Wrenley Paul	Truck Driver	8	10
Wrenley Paul	Truck Driver	7	20
Wrenley Paul	Truck Driver	1	10
Wrenley Paul	Truck Driver	1	3
Wrenley Paul	Truck Driver	7	20
Wrenley Paul	Truck Driver	7	41



Dr. Bob's Prescription for Sobriety



The Big Book says:

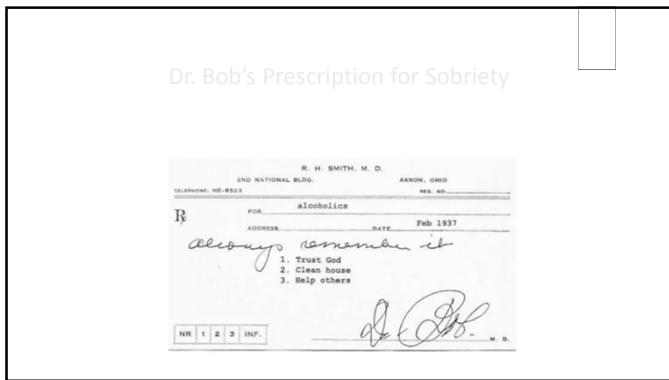
"When the spiritual malady is overcome,
we straighten out mentally and physically."

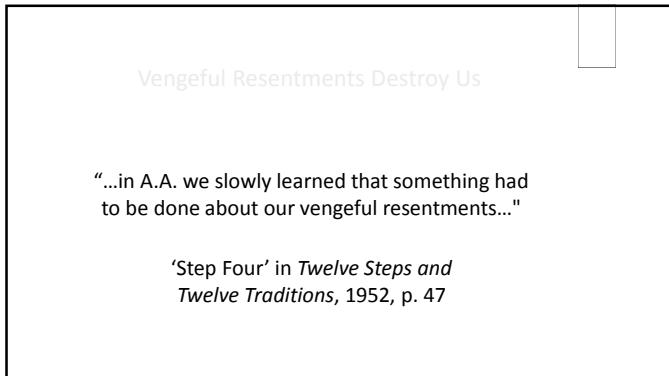
'How it Works' in *Alcoholics Anonymous*,
4th edition, p. 64

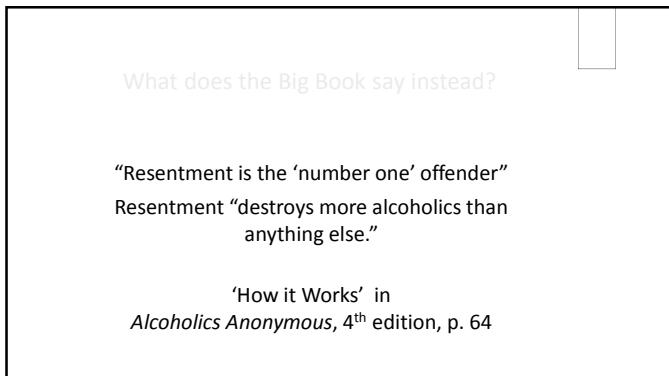
The Big Book says:

"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*, 4th edition, p. 44







Defining the word 'resentment'

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

Describing the damage caused by resentment

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

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

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

I choose to stay neurotic when I hold onto Resentments!

Blaming is the essence of neurosis

~ Alfred Adler

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.

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



I have a decision to make

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

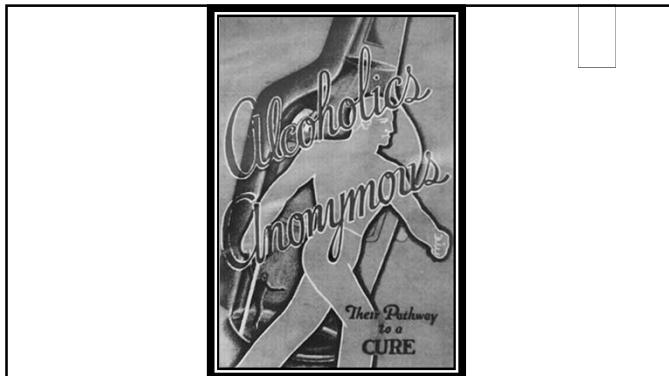
Empowering

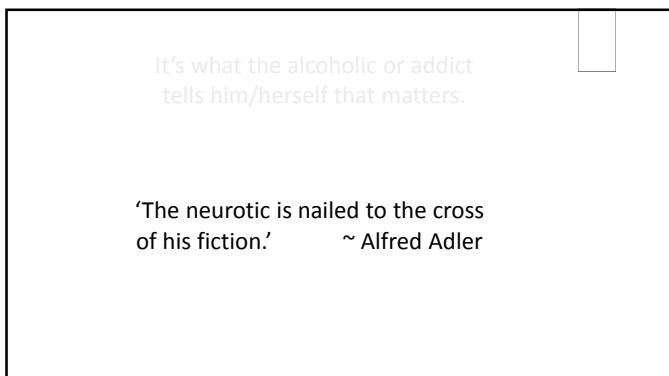
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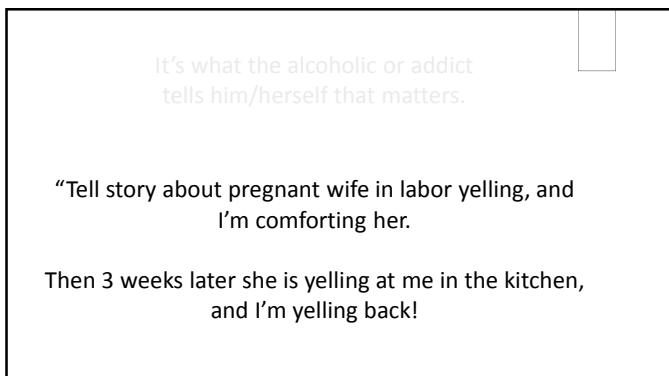
Blame Others and Play the Victim

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







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

Alcoholics Anonymous, 4th edition, p. 64

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.

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 9th Step promises."

