

Date: \_\_\_\_\_

### Resentment inventory

‘God please help me see the truth about my resentments.’

**I am resentful at:** (Ref. Pg.63 example) \_\_\_\_\_

**The cause:** (Ref. Pg.65 example) \_\_\_\_\_

**Affects my:** Keep Column 1&2 in mind while writing the 3<sup>rd</sup> Column considerations (Ref. Pg65-¶3-L3 “*we considered it carefully*”). Look at the 3<sup>rd</sup> Column and consider the opposite of each sentence to let the inventory reveal your fears behind each of the seven areas of self. (Ref. Pg65 example and Pg67-¶3 “*Notice the word ‘fear’ is bracketed alongside the difficulties*”)

**Self Esteem:** How I see or feel about myself. “The role I’ve assigned myself”

Start sentences with – “I am...”

*Example: I am the best husband she could have.*

**Fear of being**

(*Not good enough*)

_____	(	)
_____	(	)
_____	(	)

**Pride:** How I think others see me or feel about me. “The role I’ve assigned others”

Start sentences with – “Others should...” or “No one should...” or “Others can...”

_____	(	)
_____	(	)
_____	(	)

**Ambition:** What I want to happen here. Start sentences with – “I want...”

_____	(	)
_____	(	)
_____	(	)

**Security:** What I need here, to be okay. Start sentences with – “I need... to be okay.”

_____	(	)
_____	(	)
_____	(	)

**Personal Relations:** My deep-seated beliefs of how this relationship is supposed to look.

Example” “*Wives trust their husbands*”, “*Mothers respect their sons choices*”, “*Real friends always agree with me*”

_____	(	)
_____	(	)
_____	(	)

**Sex Relations:** My deep-seated beliefs of how a real men and/or woman are supposed to be.

Start sentence with – “A real man...” and/or “A real woman...”

_____	(	)
_____	(	)
_____	(	)

**Pocket Book:** Affects my finances.

Start sentence with – “No one (can, should, shouldn’t)...” or “Others (can, should, shouldn’t) ...”

_____	(	)
_____	(	)
_____	(	)

**“God please help me see the truth. “**

**The Realization:** “How have I done the things I’ve resented in Column 2 to the people I’ve listed in Column 1 and/or others?” (Ref. Pg66-¶3 “*This was our course: We realized that the people who wronged us were, perhaps, spiritually sick...like ourselves*”) Skip this If Column 1 is not a person.

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*“God, this is a sick person like me. How can I be helpful to them? God, save me from being angry. Thy will be done.”*

**Fourth Column:** Entirely disregard the other person involved; this is our inventory, not theirs. “Where was I to blame, before? during? after? What did I do?” (Ref. Pg67-¶2). Look at the things you do to hold on to the resentment. Look at things you do to protect yourself and how you look; ex: “I shun, I gossip, I yell.” Stay focused on what you’ve seen so far in Column 1 thru the Realization as you write.

**“Where had I been...”**

**SELF-SEEKING:** Look around the whole resentment; What did I do? Where was I to blame?

**My selfish actions or activities were...?**

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**SELFISH:** What was my thinking while I was doing the above actions?

**My selfish attitudes were...?**

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**DISHONEST:** What were the lies I was telling myself that resulted in my selfish thinking above?

**I was in the delusion that...?**

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**AFRAID:** What are the fears that drive the delusions above?

**I was afraid...?**

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**The above fears drive the delusions that result in the attitude that are behind the actions.**

(Ref. Pg62-¶1 “*driven by a hundred forms of fear, self-delusion, self-seeking and self-pity [my attitude]...*”)

Consider if there are any other fears that should be on the fear list. Consider the opposite of each fear; if it applies, add it to the list. Ex: being alone/being committed? Failing/succeeding? (Ref. Pg68-¶1-¶1 “*We put them on paper, even though we had no resentment in connection with them.*”)

**HARM:** Do I see any harm I caused? Look around the resentment as well (ie: parents, friends, employers).

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