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Resentment Inventory

“God please help me see the truth about my resentments”

I am resentful at: (ref. P65 example) God does not care about me!

The Cause: (ref. p65 example) If God cared about me, He wouldn't have let my Parents (or Relatives , Partners or Authority Figure)

Abuse me! God ignores me and won't help! God doesn't protect me!

Target: I am alone in the world, and noone's there to help me!

Affects my: Keep Columns 1 & 2 in mind while writing the 3rd Column considerations (ref. p65 ¶3-L3 “we considered it carefully”). Look at the 3rd Column and consider the opposite of each sentence to let the inventory reveal your fears behind each of the seven areas of self. (ref. p.65 example and p.67-¶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)

I'm worth caring for and protecting. I am valuable. (**Powerless, No control,**)

(**Never be safe**)

Pride: How I think others see me or feel about me. “the role I’ve assigned others”
Start sentence with – “Others should...” or “No one should...” or “Others can...”

Other should protect me. Other should see me as powerful, not as a victim. (**Always be victim,**)

(**Can't protect self**)

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

I want them to pay for what they've done to me. I want to believe there is a God who loves and cares for me. (**Worthless, No rights,**)

(**Never heal, Unloveable**)

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

I need to be stong and self reliant to be OK. (**Weak, Powerless,**)

(**Alone**)

Personal Relations: My deep-seated beliefs of how this relationship is supposed to look.
(“Wives trust their husbands” “Mothers respect their sons’ choices” “Real friends always agree with me”)

Real Men and Women are able to believe in and have a reationship with God (**Stuck, Can't believe**)

Sex Relations: My deep-seated beliefs of how real men and/or women are supposed to be.
Start sentences with --“A real man...” and/or “A real woman”

Real Men and Women don't get abused. Real Men and Women don't need (**Victim, Weak,**)

anyone to protect them. (**Powerless**)

Pocket Book: Affects my finances.

Start sentences with --“No one (can, should, shouldn't)...” or “Others (can, should, shouldn't)...”

No one should make treatment to heal so expensive or out of reach. (**Hopeless, Helpless**)

“God please help me see the truth.”

The Realization: “How have I done the things I’ve resented in Column 2 to the person I’ve listed in Column 1 and/or others?” (ref. p66-¶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.

“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. p.67-¶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...?

I guard and protect myself. I am not vulnerable. I attack first. Use humor to control situations and others. I use sarcasm as my weapon of choice.

SELFISH: “What was my selfish thinking while I was doing the above actions?”
My selfish attitudes were...?

Keep a closed mind. I am the most important person here. Do whatever is necessary to keep you out. Noone has my back except me.

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

I am in the delusion that I don't need anyone. I am in the delusion that God can't be trusted.

AFFRAID: What are the fears that drive the delusions above?
I was afraid...?

I am afraid that if there is a God, he will never love me. I am afraid that I can't be fixed.

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

(ref. p.62-¶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. p68-P1-¶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).

I hate me for not having answers and being weak. I've not being open minded to the possibility that God exists and wants to have a relationship with me.

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Resentment Inventory

“God please help me see the truth about my resentments”

I am resentful at: (ref. P65 example) I am Unloveable!

The Cause: (ref. p65 example) To many people have rejected me and failed me. I am disposable, irrelevant and defective.

TARGET: Rejection experienced in Failed Relationships

Affects my: Keep Columns 1 & 2 in mind while writing the 3rd Column considerations (ref. p65 ¶3-L3 “we considered it carefully”). Look at the 3rd Column and consider the opposite of each sentence to let the inventory reveal your fears behind each of the seven areas of self. (ref. p.65 example and p.67-¶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)

I am important. I matter! I am loved. (**Broken,**)
(**Disposable,**)
(**Worthless**)

Pride: How I think others see me or feel about me. “the role I’ve assigned others”
Start sentence with – “Others should...” or “No one should...” or “Others can...”

Others should want me and value me. (**Unwanted, Invisible**)
()
()

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

I want to be the center of loving attention. I want people to pay attention to me! (**Irrelevant**)
()
()

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

I need to be loved by others to be OK. (**Never be loved**)
()
()

Personal Relations: My deep-seated beliefs of how this relationship is supposed to look.
(“Wives trust their husbands” “Mothers respect their sons’ choices” “Real friends always agree with me”)

XXXXXX Principle (Don't write on Personal Relations) ()
()

Sex Relations: My deep-seated beliefs of how real men and/or women are supposed to be.
Start sentences with --“A real man...” and/or “A real woman”

Real Women/Men are cared for, loved and sacrificed for... (**Disgusting, Broken**)
()
()

Pocket Book: Affects my finances.
Start sentences with --“No one (can, should, shouldn’t)...” or “Others (can, should, shouldn’t)...”

No one should have to spend so much money to get love! (**Soul is Dying, Hopeless**)
(**Can't be Fixed**)
()

“God please help me see the truth.”

The Realization: “How have I done the things I’ve resented in Column 2 to the person I’ve listed in Column 1 and/or others?” (ref. p66-¶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.

XXXXXX Principle Inventory (Don't write on Realization)

“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. p.67-¶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...?

I'll be anything and do anything to be loved. Adopt other's values, opinions & beliefs. Manipulate others to get affection and recognition. I am clingy and needy. I won't let go!

SELFISH: “What was my selfish thinking while I was doing the above actions?”
My selfish attitudes were...?

My needs are more important than your needs. Boundaries don't exist for me.

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

**I am in the delusion that that becoming whatever I need to be loved, will not have consequences.
I don't tell the truth, and may not even know the truth.**

AFFRAID: What are the fears that drive the delusions above?
I was afraid...?

I'll never be loved and always be alone.

The above fears drive the delusions that result in the attitude that are behind the actions.
(ref. p.62-¶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. p68-P1-¶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).

I've harmed a lot of people... I've never accepted me just as I am...

_____)

Resentment Inventory

“God please help me see the truth about my resentments”

I am resentful at: (ref. P65 example) I'll never be fulfilled if I am not in a relationship!

The Cause: (ref. p65 example) They always leave me. It will never work out for me. I can't stand to be alone. Lonliness consumes me.

Target: Being alone means I will die!

Affects my: Keep Columns 1 & 2 in mind while writing the 3rd Column considerations (ref. p65 ¶3-L3 “we considered it *carefully*”). Look at the 3rd Column and consider the opposite of each sentence to let the inventory reveal your fears behind each of the seven areas of self. (ref. p.65 example and p.67-¶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)

I am desirable. I have what he/she wants. (**Ugly, Pathetic,**)
(**undesirable, alone**)
()
()

Pride: How I think others see me or feel about me. “the role I’ve assigned others”
Start sentence with – “Others should...” or “No one should...” or “Others can...”

Others should "stand in line" to be with me! Other should see me as having it "all together"! (**Fraud, Rejected,**)
(**Loser**)
()
()

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

I want to be loved, pursued, adored --- Wanted. (**Invisible, Disgarded,**)
(**Worthless, Boring**)
()
()

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

I need to be loved by someone, to be OK. (**Love isn't real,**)
(**Broken, Defective,**)
(**Alone**)
()

Personal Relations: My deep-seated beliefs of how this relationship is supposed to look.
(“Wives trust their husbands” “Mothers respect their sons’ choices” “Real friends always agree with me”)

Real Partners are fully known and fully accepted. (**Not accepted,**)
(**Unloved**)
()
()

Sex Relations: My deep-seated beliefs of how real men and/or women are supposed to be.
Start sentences with --“A real man...” and/or “A real woman”

Real Women/Men have Power, Control Others and get what they want. (**Undesirable,**)
(**No Control,**)
(**Unwanted**)
()

Pocket Book: Affects my finances.
Start sentences with --“No one (can, should, shouldn’t)...” or “Others (can, should, shouldn’t)...”

Others should see that I have enough Money to attract someone. (**Ignored, Alone**)
()
()

“God please help me see the truth.”

The Realization: “How have I done the things I’ve resented in Column 2 to the person I’ve listed in Column 1 and/or others?” (ref. p66-¶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.

“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. p.67-¶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...?

**Put on an "ACT" to "Attract". Be a Chameleon - Do and Say whatever is needed to get them.
Overpower and Intimidate. Fake Listening to them. I never let go.**

SELFISH: “What was my selfish thinking while I was doing the above actions?”
My selfish attitudes were...?

**If I get my needs met First, then I'll be able to care about you.
They should know what I want and need without having to say it !**

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

**I am in the delusion that a relationship will Fix Me.
I am in the delusion that they are the problem.
I am in the delusion that relationships are about Getting not Giving.**

AFFRAID: What are the fears that drive the delusions above?
I was afraid...?

If I am alone too long, I'll die inside spiritually.

The above fears drive the delusions that result in the attitude that are behind the actions.
(ref. p.62-¶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. p68-P1-¶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).

I harm a lot of people. I trample on others to get my needs met. I suck the life out of the other person.

_____)

Resentment Inventory

“God please help me see the truth about my resentments”

I am resentful at: (ref. P65 example) I'll never be OK unless I have a lot of Money!

The Cause: (ref. p65 example) It takes money to be happy. It takes money to have security, friends, and successful relationships.

Target: Without Money, I am Nothing!

Affects my: Keep Columns 1 & 2 in mind while writing the 3rd Column considerations (ref. p65 ¶3-L3 “we considered it carefully”). Look at the 3rd Column and consider the opposite of each sentence to let the inventory reveal your fears behind each of the seven areas of self. (ref. p.65 example and p.67-¶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)
I am what I have and earn. I am powerful and attractive. (Failure, Money won't fix it, unwanted)

Pride: How I think others see me or feel about me. “the role I’ve assigned others”
Start sentence with – “Others should...” or “No one should...” or “Others can...”
People should want me rather I have money or not. (Fraud, Unloved,)
People should see that I am powerful and successful. (Weak)

Ambition: What I want to happen here. Start sentences with – “I want...”
I want people to help me be successful and rich. (Poor, Disgarded,)
(Unwanted)

Security: What I need here, to be okay. Start sentences with – “I need...to be okay.”
I need MORE to be OK. I need to know I matter more than my money to be OK. (Money won't last,)
(Money can't buy)
(love)

Personal Relations: My deep-seated beliefs of how this relationship is supposed to look.
 (“Wives trust their husbands” “Mothers respect their sons’ choices” “Real friends always agree with me”)
Money is trustworthy, makes me happy and secure. (Money doesn't work)
(I can have a "relationship with money"...)

Sex Relations: My deep-seated beliefs of how real men and/or women are supposed to be.
Start sentences with --“A real man...” and/or “A real woman”
Real Men and Women buy happiness and get whatever they want. (Miserable, Broke)

Pocket Book: Affects my finances.
Start sentences with --“No one (can, should, shouldn't)...” or “Others (can, should, shouldn't)...”
Others should help me succeed and give me a break. (Unsuccessful,)
(unwanted, alone)

“God please help me see the truth.”

The Realization: “How have I done the things I’ve resented in Column 2 to the person I’ve listed in Column 1 and/or others?” (ref. p66-¶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.

“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. p.67-¶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...?

Manipulate, lie, play favorites, use people to get ahead, take shortcuts, take undeserved credit, only hang with the rich and successful people

SELFISH: “What was my selfish thinking while I was doing the above actions?”
My selfish attitudes were...?

Sacrifice anyone and anything to get to the next level

Look down on those with "Less", Look up to those with "More".

Everyone cheats to get ahead, it is not a big deal.

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

I am in the delusion that I can live behind a mask and persona, without suffering consequences.

I am in the delusion that I control money, rather than Money controls me.

AFFRAID: What are the fears that drive the delusions above?
I was afraid...?

Even with Money, I am still unhappy. I am a nobody and will always be a nobody.

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

(ref. p.62-¶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. p68-P1-¶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).

Lots of people. Everyone a lied to and step over to get ahead.
