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## Resentment Inventory

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

**I am resentful at:** (ref. P65 example) \_\_\_\_\_

**The Cause:** (ref. p65 example) \_\_\_\_\_

**Affects my:** Keep Columns 1 & 2 in mind while writing the 3<sup>rd</sup> Column considerations (ref. p65 ¶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. 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)*

\_\_\_\_\_ ( )

\_\_\_\_\_ ( )

\_\_\_\_\_ ( )

**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...”

\_\_\_\_\_ ( )

\_\_\_\_\_ ( )

\_\_\_\_\_ ( )

**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.  
 (“Wives trust their husbands” “Mothers respect their sons’ choices” “Real friends always agree with me”)

\_\_\_\_\_ ( )

\_\_\_\_\_ ( )

\_\_\_\_\_ ( )

**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”

\_\_\_\_\_ ( )

\_\_\_\_\_ ( )

\_\_\_\_\_ ( )

**Pocket Book:** Affects my finances.  
 Start sentences 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 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.

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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. 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...?*

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**SELFISH:** “What was my selfish 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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**AFFRAID:** 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. 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).

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