

_____) _____

RESENTMENT INVENTORY

"God please help me see the truth about my resentments"

I'm resentful at: (ref. p.65 example) _____

The Cause: (ref. p.65 example) _____

Affects my: Keep Columns 1 & 2 in mind while writing the 3rd Column considerations (ref. p.65-¶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" **Fear of being...**
Start sentences with—"I am..." Example: *I am the best husband she could have. (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 wanted 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 real women are supposed to be. Start sentence with— "A real man..." and/or "A real woman..."

POCKET BOOK: Affects my finances. (Start 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. p.66-¶3 “This was our course: We realized that the people who wronged us were perhaps spiritually sick...like ourselves”). Skip this if Column One is not a person.

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

FOURTH COLUMN: Disregard the other person involved entirely, this is your 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, I shun, I gossip, I yell. • Stay focused on what you’ve seen so far in Column One 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... ?

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

My selfish attitudes were... ?

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

I was in the delusion that... ?

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

I was afraid... ?

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. Example: being alone/being committed? failing/succeeding?

(ref. p.68-¶1-L1 "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.

_____) _____

RESENTMENT INVENTORY

"God please help me see the truth about my resentments"

I'm resentful at: (ref. p.65 example) _____

The Cause: (ref. p.65 example) _____

Affects my: Keep Columns 1 & 2 in mind while writing the 3rd Column considerations (ref. p.65-¶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" **Fear of being...**
Start sentences with—"I am..." *Example: I am the best husband she could have. (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 wanted 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 real women are supposed to be. Start sentence with—"A real man..."and/or "A real woman..."
_____()
_____()
_____()

POCKET BOOK: Affects my finances. (Start 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. p.66-¶3 “This was our course: We realized that the people who wronged us were perhaps spiritually sick...like ourselves”). Skip this if Column One is not a person.

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

FOURTH COLUMN: Disregard the other person involved entirely, this is your 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, I shun, I gossip, I yell. • Stay focused on what you’ve seen so far in Column One 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... ?

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

My selfish attitudes were... ?

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

I was in the delusion that... ?

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

I was afraid... ?

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. Example: being alone/being committed? failing/succeeding?

(ref. p.68-¶1-L1 "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.

_____) _____

RESENTMENT INVENTORY

"God please help me see the truth about my resentments"

I'm resentful at: (ref. p.65 example) _____

The Cause: (ref. p.65 example) _____

Affects my: Keep Columns 1 & 2 in mind while writing the 3rd Column considerations (ref. p.65-¶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" **Fear of being...**
Start sentences with—"I am..." Example: *I am the best husband she could have. (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 wanted 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 real women are supposed to be. Start sentence with— "A real man..."and/or "A real woman..."
_____()
_____()
_____()

POCKET BOOK: Affects my finances. (Start 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. p.66-¶3 “This was our course: We realized that the people who wronged us were perhaps spiritually sick...like ourselves”). Skip this if Column One is not a person.

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

FOURTH COLUMN: Disregard the other person involved entirely, this is your 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, I shun, I gossip, I yell. • Stay focused on what you’ve seen so far in Column One 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... ?

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

My selfish attitudes were... ?

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

I was in the delusion that... ?

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

I was afraid... ?

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. Example: being alone/being committed? failing/succeeding?

(ref. p.68-¶1-L1 "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.

_____) _____

RESENTMENT INVENTORY

"God please help me see the truth about my resentments"

I'm resentful at: (ref. p.65 example) _____

The Cause: (ref. p.65 example) _____

Affects my: Keep Columns 1 & 2 in mind while writing the 3rd Column considerations (ref. p.65-¶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" **Fear of being...**
Start sentences with—"I am..." *Example: I am the best husband she could have. (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 wanted 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 real women are supposed to be. Start sentence with—"A real man..."and/or "A real woman..."
_____()
_____()
_____()

POCKET BOOK: Affects my finances. (Start 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. p.66-¶3 “This was our course: We realized that the people who wronged us were perhaps spiritually sick...like ourselves”). Skip this if Column One is not a person.

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

FOURTH COLUMN: Disregard the other person involved entirely, this is your 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, I shun, I gossip, I yell. • Stay focused on what you’ve seen so far in Column One 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... ?

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

My selfish attitudes were... ?

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

I was in the delusion that... ?

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

I was afraid... ?

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. Example: being alone/being committed? failing/succeeding?

(ref. p.68-¶1-L1 "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.

_____) _____

RESENTMENT INVENTORY

"God please help me see the truth about my resentments"

I'm resentful at: (ref. p.65 example) _____

The Cause: (ref. p.65 example) _____

Affects my: Keep Columns 1 & 2 in mind while writing the 3rd Column considerations (ref. p.65-¶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" **Fear of being...**
Start sentences with—"I am..." *Example: I am the best husband she could have. (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 wanted 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 real women are supposed to be. Start sentence with—"A real man..."and/or "A real woman..."
_____()
_____()
_____()

POCKET BOOK: Affects my finances. (Start 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. p.66-¶3 “This was our course: We realized that the people who wronged us were perhaps spiritually sick...like ourselves”). Skip this if Column One is not a person.

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

FOURTH COLUMN: Disregard the other person involved entirely, this is your 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, I shun, I gossip, I yell. • Stay focused on what you’ve seen so far in Column One 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... ?

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

My selfish attitudes were... ?

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

I was in the delusion that... ?

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

I was afraid... ?

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. Example: being alone/being committed? failing/succeeding?

(ref. p.68-¶1-L1 "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.
