

1) A

RESENTMENT INVENTORY

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

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

The Cause: (ref. p.65 example) His attention to my wife. Told my wife of my mistress.

May get my job at the office.

(He's after my wife and my job!)

Affects my: Keep Columns 1 & 2 in mind while writing the 3rd Column considerations (ref. p.65-93-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.67-93 "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)

I am a good person, a good husband, a good worker. (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..."

No one should want to take advantage of me. (taken advantage of)

_____ ()

_____ ()

AMBITION: What I wanted to happen here. Start sentences with—"I want..."

I want the respect of others. (not respected)

_____ ()

_____ ()

SECURITY: What I need here to be okay. Start sentences with—"I need...to be okay"

I need to not be challenged to be okay. (losing)

_____ ()

_____ ()

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")

Fellow workers can trust each other. (unable to trust)

_____ ()

_____ ()

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..."

A real man stands up for himself. (weak)

_____ ()

_____ ()

POCKET BOOK: Affects my finances.

(Start with—"No one (can, should, shouldn't)..." or Others (can, should, shouldn't)...")

No one should interfere with my job security. (fired)

_____ ()

_____ ()

"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.

I've flirted and been inappropriate around other mens wives, especially when drinking.
I've competed at work for other people's jobs.

"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... ?

Drank to much at the office party, over reacted to Brown's conversation with my wife.
Fought with Brown at the party and punished my wife over the situation.
Not doing well at work, missed a lot of days and blame Brown for my job insecurity.
Give Brown a hard time at work.

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

My selfish attitudes were... ?

No one interferes with my life or tells me how to behave.

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

I was in the delusion that... ?

I'm in the delusion I had to protect myself from Brown, that he was out to get me.

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

I was afraid... ?

Afraid to lose control of my job, my marriage, my life.

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.

Harmed Brown by the scene I made at the party. Caused him trouble at work.
Harmed my wife by my bad behavior. Harmed by employer by my work and my drinking.

2) A

RESENTMENT INVENTORY

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

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

The Cause: (ref. p.65 example) She's a nut - She snubbed me.

She committed her husband for drinking. He's my Friend. She's a gossip.

(Looks down on me for my drinking with her husband and complained about it to others)

Affects my: Keep Columns 1 & 2 in mind while writing the 3rd Column considerations (ref. p.65-93-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.67-93 "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)

I am the greatest friend anyone could have around. (a bad person)

_____ ()

_____ ()

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..."

Others should see what a likable guy I am. (disliked)

_____ ()

_____ ()

AMBITION: What I wanted to happen here. Start sentences with—"I want..."

I want the respect of others. (not respected)

_____ ()

_____ ()

SECURITY: What I need here to be okay. Start sentences with—"I need...to be okay"

I need others to see my value as a person to be okay. (not valued)

_____ (worthless)

_____ ()

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")

Wives welcome their husband's friends into their homes. (unwelcome)

_____ ()

_____ ()

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..."

A real man is wanted anywhere. (unwanted)

_____ ()

_____ ()

POCKET BOOK: Affects my finances.

(Start with—"No one (can, should, shouldn't)..." or Others (can, should, shouldn't)...")

No money involved here. ()

_____ ()

_____ ()

"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.

I looked down on Mrs. Jones and talked bad about her.

I too have been judgemental and have been disgusted by the way other people live and have voiced it openly to their face and to others behind their backs.

"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... ?

Brought alcohol over to drink with her husband knowing she wants him to stop.

Made fun of her for being concerned about our drinking.

Didn't care her husband was struggling with his drinking.

I just didn't want to drink alone.

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

My selfish attitudes were... ?

I only care about myself, my drinking and what I want.

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

I was in the delusion that... ?

I'm in the delusion she has no right to have an opinion on when and where I drink.

I'm in the delusion that she was supposed to put up with my behavior.

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

I was afraid... ?

Afraid that I'm incapable of living up to anyone's expectations of me, let alone my own.

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.

Mrs. Jones for ignoring what she wanted and causing her to suffer.

Mr. Jones for bringing liquor over when he was trying to quit drinking.

3) A

RESENTMENT INVENTORY

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

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

The Cause: (ref. p.65 example) Unreasonable - unjust - overbearing

Threatens to fire me for drinking and padding my expense account.

(Is controlling and doesn't trust me)

Affects my: Keep Columns 1 & 2 in mind while writing the 3rd Column considerations (ref. p.65-93-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.67-93 "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)

I'm the best employee they can have at my job.

(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..."

Others should see how irreplaceable I am.

(dispensable)

AMBITION: What I wanted to happen here. Start sentences with— "I want..."

I want others to look up to me.

(looked down on)

SECURITY: What I need here to be okay. Start sentences with— "I need...to be okay"

I need to know I'm valued at work to be okay.

(not valued)

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")

Employers trust their employees abilities and work ethic.

(not trusted)

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..."

A real man commands the respect of others.

(not respected)

POCKET BOOK: Affects my finances.

(Start with— "No one (can, should, shouldn't)..." or Others (can, should, shouldn't)...")

No one should challenge my ability to do a good job.

(terminated)

"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.

I've been unreasonable, unjust and overbearing at work as well.
I've tried to control my employer by setting my own hours and doing things my way.
I haven't trusted the management. I've threatened to quit before when they needed me.

"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... ?

Missed to many days from work due to my drinking. Sometimes didn't return after lunch. My work was not good after being up late partying. Took women out to dinner and drinks and charged my expense account and lied about what it was for. I go to work with a bad attitude and have caused problems for other workers (like Brown).

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

My selfish attitudes were... ?

My private life is none of their business.
Work owes me.

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

I was in the delusion that... ?

I was in the delusion that I could get what I need by controlling the world around me.

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

I was afraid... ?

Affraid that I'll never succeed or amount to anything.

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.
Lied about my drinking. Stole from expense account. Started a fight at company party.
Caused problems for other employees (Brown). Miss a lot of work and do a poor job.

4) A

RESENTMENT INVENTORY

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

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

The Cause: (ref. p.65 example) Misunderstands and nags.

Likes Brown. Wants house put in her name.

(Doesn't want to be with me anymore)

Affects my: Keep Columns 1 & 2 in mind while writing the 3rd Column considerations (ref. p.65-93-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.67-93 "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)

I'm the best husband she could get. (bad husband)

_____ ()

_____ ()

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..."

Others should see what a great catch I am. (unwanted)

_____ ()

_____ ()

AMBITION: What I wanted to happen here. Start sentences with— "I want..."

I wanted to be loved no matter what I do. (unloved)

_____ ()

_____ ()

SECURITY: What I need here to be okay. Start sentences with— "I need...to be okay"

I need to know she'll never leave me to be okay. (abandoned)

_____ ()

_____ ()

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")

Wives stick by their husbands no matter what. (alone)

_____ ()

_____ ()

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..."

A real man commands the respect of their family. (not respected)

_____ ()

_____ ()

POCKET BOOK: Affects my finances.

(Start with— "No one (can, should, shouldn't)..." or Others (can, should, shouldn't)...")

No one should look down on my ability to provide for my family. (bad provider)

_____ ()

_____ ()

"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.

I misunderstand and complain (nag) to my wife all the time.

I haven't trusted her with a lot of things.

I look at other woman*

"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... ?

I ignore her complaints about my drinking. I procrastinate in doing the things she needs from me. I embarrass her with my drinking around my friends. I make her jealous with my attention to other women. I get jealous of her talking to other men at parties (Brown). I cause her insecurity, she thinks we're going to lose everything.

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

My selfish attitudes were... ?

I can do whatever I want and she shouldn't bother me or get in my way.

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

I was in the delusion that... ?

I'm in the delusion that it's my life and she has no say in it.

I'm in the delusion that she's unimportant to me.

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

I was afraid... ?

Afraid she'll see I'm incapable of doing any better and will eventually leave me.

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.

I don't listen to her. I don't make her feel important. I act single in the relationship.

I scare her by my drinking. I'm get jealous easily. My attention to other woman*

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.