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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**)
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()

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**)
()
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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**)
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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) ()
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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**)
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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...
