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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.
