

Resentment Inventory

RESENTMENT INVENTORY

Name: _____ Date: _____ dd / mm / yyyy

I AM RESENTFUL AT: I list people, institutions, or principles with whom I am angry

THE CAUSE: I ask myself why I am angry, what did they do to me to cause the anger?

AFFECTS MY: On my grudge list I set opposite each name my injuries. Was I, my self-esteem, my security, my ambitions, my personal or sex relations which had been interfered with?

WHAT DID I DO: Putting out of mind the wrongs others have done, I resolutely look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so?

WHERE HAD I BEEN: Selfish, Dishonest, Self-Seeking and frightened, Inconsiderate - Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old fear, even though I may have done nothing to cause it?