

Resentment Inventory

Name: _____ Date: _____

I AM RESENTFUL AT:	THE CAUSE:	AFFECTS MY:	WHAT DID I DO:	WHERE HAD I BEEN:
<p>I list people, institutions, or principles with whom I am angry</p>	<p>I ask myself why I am angry, what did they do to me to cause the anger?</p>	<p>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?</p>	<p>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?</p>	<ul style="list-style-type: none">• Selfish• Dishonest• Self-Seeking and frightened• Inconsiderate <p>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?</p>