

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)

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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)

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

I want the respect of others. (not respected)

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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)

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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")

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

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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)

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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)

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"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.

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)

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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)

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

I want the respect of others. (not respected)

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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)

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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")

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

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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)

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POCKET BOOK: Affects my finances.

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

No money involved here. ()

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"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.

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).

SELFISH: 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.

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

I was afraid... ?

Afraid 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.

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 (rag) 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) Susie

The Cause: (ref. p.65 example) She didn't respect that I loaned her money or care about paying me back.

(Column 3 beliefs I operate in when playing God))

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*").

(Difficulties are fears running my life)

SELF ESTEEM: How I see or feel about myself. "The role I've assigned myself" (How I see me) **Fear of being...**
 Start sentences with—"I am..." Example: I am the best husband she could have. (not good enough)
I am the perfect friend. (not important)
 _____ ()
 _____ ()

PRIDE: How I think others see me or feel about me. "The role I've assigned others" (How you see me)
 Start sentences with—"Others should..." or "No one should..." or "Others can..."
Others should see the value of my help. (not valued)
No one should see me as a push over. (take advantage of)
 _____ ()
 _____ ()

AMBITION: What I wanted to happen here. Start sentences with—"I want..."(Outside)
I want friends to never take advantage of me and appreciate how spiritual I am. (unappreciated)
 _____ (used)
 _____ (judged)

SECURITY: What I need here to be okay. Start sentences with—"I need...to be okay" (Inside)
I need to know that people won't hurt me and that I can trust my friends to be okay. (being hurt)
 _____ (being betrayed)
 _____ ()

PERSONAL RELATIONS: My deep seated beliefs of how this relationship is supposed to look. (Vision of what this relationship should look like.)
 ("Wives trust their husbands" "Mothers respect their sons choices" "Real friends always agree with me")
Real friends can be trusted by their friends with everything. (not trusting)
 _____ ()
 _____ ()

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..." (My ideal vision of what should be.)
A real woman (me) commands respect and can control the situation. (lose control)
 _____ (not respected)
 _____ ()

POCKET BOOK: Affects my finances.
 (Start with—"No one (can, should, shouldn't)..." or Others (can, should, shouldn't)...")
Others should value my generosity. (not valued)
 _____ ()
 _____ ()

"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 have taken money before and not paid it back. I have lied. I've said I could do things that I never followed through with.

"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... ? (uncomfortable)

I loaned her money so I didn't have to feel uncomfortable.

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

My selfish attitudes were... ? (other people's anger)

If I say "no," she'll be angry and hate me.

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

I was in the delusion that... ? (disapproval)

I was in the delusion that it wasn't okay for me to be honest and stand up for myself.

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

I was afraid... ? (rejected)

I'm afraid if I stand up for myself she'll reject me.

(I set the ball rolling reacting out of fear.)

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.

My dishonest attitude towards her.

_____) _____

RESENTMENT INVENTORY

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

I'm resentful at: (ref. p.65 example) Jim, my boss

The Cause: (ref. p.65 example) For not processing a promised raise. He held me back financially.

He did not follow through with his commitment.

(Column 3 beliefs I operate in when playing God)

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*").

(Difficulties are fears running my life)

SELF ESTEEM: How I see or feel about myself. "The role I've assigned myself" (How I see me) **Fear of being...**
Start sentences with—"I am..." Example: I am the best husband she could have. (not good enough)
I am the best employee. (not good enough)
_____ (not important)
_____ ()

PRIDE: How I think others see me or feel about me. "The role I've assigned others" (How you see me)
Start sentences with—"Others should..." or "No one should..." or "Others can..."
No one should see me being lied to. (disrespected)
_____ (not valued)
_____ ()

AMBITION: What I wanted to happen here. Start sentences with—"I want..."(Outside)
I want my employer to respect me and to help me get promoted. (disrespected)
_____ ()
_____ ()

SECURITY: What I need here to be okay. Start sentences with—"I need...to be okay" (Inside)
I need a raise in pay and acknowledgement to be okay. (not good enough)
_____ ()
_____ ()

PERSONAL RELATIONS: My deep seated beliefs of how this relationship is supposed to look. (Vision of what this relationship should look like.)
("Wives trust their husbands" "Mothers respect their sons choices" "Real friends always agree with me")
Real employers should always be honest and reward their best employees. (not needed)
_____ ()
_____ ()

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..." (My ideal vision of what should be.)
A real man would not have to ask for a raise. (unwanted)
_____ (not respected)
_____ ()

POCKET BOOK: Affects my finances.
(Start with—"No one (can, should, shouldn't)..." or Others (can, should, shouldn't)..."")
No one should prevent me from getting ahead in my career. (not having enough)
_____ ()
_____ ()

"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 have let many people down by not following through with my commitments. I have failed to work as hard as I should letting others down and possibly affecting their paycheck.

"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 complained and gossiped to others. I was happy when he got demoted.

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

My selfish attitudes were... ?

I felt he got what he deserved. I felt justified in my anger and gossip.

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 Jim was someone that I needed to defend myself from.

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

I was afraid... ?

I was afraid that if I stand up for myself, he'll really be out to get me and I'll lose my job.

(I set the ball rolling reacting out of fear.)

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 gossiped to other employees and friends, ignored him and was short with him.

_____) _____

RESENTMENT INVENTORY

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

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

The Cause: (ref. p.65 example) a) She violates me b) she's manipulative c) threatens me d) not trustworthy e) condescending f) she's a phony liar g) stole from me. She's abusive and I can't trust her

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)
I am the good daughter. (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 that I am worthy. (worthless)

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

I want others to respect my boundaries. (engulfed)

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

I need to know people close to me are safe to be okay (unsafe)

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")
Mothers cherish their daughters. Mothers love and nurture their daughters unconditionally. (defective)
(unloved)
(abandoned)

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 woman is loved by everyone. (unloved)

POCKET BOOK: Affects my finances.

(Start with—"No one (can, should, shouldn't)... " or Others (can, should, shouldn't)...")
No one should put their self interest ahead of the welfare of their children. (deprived)
(abused)

"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 have violated other people. I have manipulated other people. I have threatened other people a lot. I've been untrustworthy with other people. I've been condescending to my mother and others. I've lied to my mother and other people. I've stolen. I've been abusive.

"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've gossiped about my mother. When I've been around her I get so afraid that I act bitchy.

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

My selfish attitudes were... ?

Until she's safe, she's not welcome in my life.

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 she is not important to me. I am in the delusion that if I let her in I'll be engulfed and I can't take care of myself.

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

I was afraid... ?

I am afraid that I can't take care of myself and she'll devour 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 shut her out.

_____) _____

RESENTMENT INVENTORY

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

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

The Cause: (ref. p.65 example) He loves a woman who tormented me and he talks down to me

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)
I am the good daughter. (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 important I am. (not important)
No one should see me being left out. (abandoned)
 _____ (scorned)

AMBITION: What I wanted to happen here. Start sentences with—"I want..."
I want the respect and approval of others. (disrespected)
 _____ (rejected)
 _____ ()

SECURITY: What I need here to be okay. Start sentences with—"I need...to be okay"
I need to know people close to me will be fair to be okay (mistreated)
 _____ ()
 _____ ()

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")
Fathers protect their daughters. Fathers never love anyone more (unprotected)
than their daughters. Fathers stand up for their daughters. (rejected, unloved)
Fathers love their daughters unconditionally. (not good enough)

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 woman would get on with her life and not let the past bother her. (weak)
 _____ (defective, crazy)
 _____ ()

POCKET BOOK: Affects my finances.
 (Start with—"No one (can, should, shouldn't)..." or Others (can, should, shouldn't)...")
No one should put their spouses comfort above the welfare of (deprived)
their children. ()
 _____ ()

"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 condescending to others. I have humiliated others. I have betrayed my father and others.

"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 mutilated myself to get his attention. I acted out sexually to get his attention. I have called him names. Got drunk at his house a lot. Told him he was a bad father to my brother and made him cry.

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

My selfish attitudes were... ?

My pain is the most important thing in the world and he 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 am in the delusion that I could get what I needed by acting out (child). I am in the delusion that he was capable of putting me first. (child) I'm in the delusion that if I show him what's wrong with him, he can fix it (adult)

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

I was afraid... ?

I am afraid that I don't matter & that unless I look a certain way, no one will love 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 tried to get his attention in ways that were hurtful to him. I called him names.

_____) _____

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.

SEX INVENTORY WORKSHEET

"God please help me see the Truth about my conduct in relationships"

Name: "Bill" Relationship: Friend's Husband

Write a brief history of the relationship:

My motives for getting involved were... I wanted to have sex, feel wanted, feel powerful. I wanted to get more secure and important in my relationship with him and his wife in the horse business. My motive was to improve my importance in their lives. I wanted to be more important so to do that I had an affair with the husband. I was driven by fear of not getting love & losing the chance at power!

My specific conduct in the relationship has been... Secret meetings. At first I turned him down (thought he was kidding) then I had the affair, would break it off, then go back I couldn't stay stopped. I was never able to end it until I left him to have another affair with a man he introduced me to.

The major points that came up in the relationship are... How I hid & we lied to his wife. I did lots of drinking & drugs. He introduced me to a man that I had an affair with and did some illegal business with. I avoided Bill & sold my horses because I left another relationship and was financially poorer. I lied also about where I went and what I did.

How it ended...? or how it is now... Don't know if it ever did. I just changed men. We never really talked about it. Got out, sold horse and disappeared into my addiction I made amends to him at 12 years sober. Couldn't find him for 12 years, avoided.

Section 7 - Step Four

"God please help me see the Truth about my conduct in relationships"

Look at each relationship and answer these nine questions (ref p.69-¶1)

Where had I been selfish? Stealing my friend's husband, cheating on my relationship. Not Telling him that I didn't want to, ignoring how my behavior hurt his family and my relationship. I didn't call when I would be late.

2) Where had I been dishonest? I lied to my partner, Bill, his wife, his kids, and my friends about where I went, when and with whom. I was dishonest because I didn't tell him and didn't do what I said I would do.

3) Where had I been inconsiderate? Not thinking about how I was hurting Bill, his family, his employees or my boyfriend. I was inconsiderate because I didn't think about his feelings or what he needed.

4) Whom did I hurt? (Look around the relationship) I hurt Bill, his wife, family, employees my boyfriend, Bills kids, my job, my friends and family. The ripple effect

5) Did I arouse jealousy? Yes, I aroused jealousy in my boyfriend, in Bill's wife and his kids.

6) Did I arouse suspicion? Yes, in my boyfriend and Bill's wife - in people in the horse show circuit. Raised suspicion in their friends and kids.

7) Did I arouse bitterness? Family probably bitter that he was gone a lot. In my Bill towards me push/pull, love/hate and in his wife.

8) Where was I at fault? I lied. I cheated. I was selfish and inconsiderate. Said I'd be there for my boyfriend or my family and never showed up.

9) What should I have done instead? (In the relationship. Don't write "not gotten involved in the first place.")
Make sure you are especially explicit with Question #9 you will refer back to this for writing the Sex Ideal.

I should have respected the covenant of marriage, turned him down. Not enough power, should have prayed & gotten power from God to speak my truth-been honest, considerate of of others welfare, honored my commitment

Harm: Write any specific harm that comes to you while writing. Lying to Bill, to my boyfriend, to Bill's wife. Stealing his wife's, their children's, his employees', and my boyfriend's peace of Mind. Stealing their fathers time.

SEX INVENTORY WORKSHEET

"God please help me see the Truth about my conduct in relationships"

Name: "Anna" Relationship: Lesbian Affair

Write a brief history of the relationship:

My motives for getting involved were... Wanted to be loved, to be wanted and I wanted Power.

My specific conduct in the relationship has been... Sneaky meetings, lots of drinking together, chaos and violence

The major points that came up in the relationship are... My best friend was in love with this woman & this woman pursued me (I was in a relationship with someone else). I capitulated quickly. At first, we both lied to my partner - she was very sad. Lied and hid from my partner. She eventually caught us. Then they got in a fight. She punched her. I kicked Anna out.

How it ended...? or how it is now... My friend found someone else. I went back to my partner. Years later she called me and I told her I was in AA. I took her to her first meeting and told her about my experience. She is still sober and married to a girl in the program. Ended up taking 30 day tokens from both of them.

"God please help me see the Truth about my conduct in relationships"

Look at each relationship and answer these nine questions (*ref p.69-¶1*)

1) Where had I been selfish? Needed to feel better so badly that I hurt my friend.
I felt BAD that I might hurt someone but it was secondary.

2) Where had I been dishonest? I lied to my friend and I lied to my partner.

2) Where had I been inconsiderate? Didn't think about the extent to which I was hurting
the people involved (hated quiet)

4) Whom did I hurt? (Look around the relationship) I hurt my partner, my friend and Anna.
I also hurt my friend's employer.

5) Did I arouse jealousy? Yes, I aroused jealousy in my partner, my friend and Anna.

6) Did I arouse suspicion? Yes, in both my friend and my partner.

7) Did I arouse bitterness? Yes, I did arouse bitterness in my partner and my friend.

8) Where was I at fault? I lied. I cheated. I was selfish and inconsiderate.

9) What should I have done instead? (In the relationship. Don't write "not gotten involved in the first place.")
Make sure you are especially explicit with Question #9 you will refer back to this for writing the Sex Ideal.

I should have turned her down - honored my relationships! I had issues in my relationship.
Should have faced them inside not OUTSIDE the relationship. Should have stayed away
from someone that I was sexually attracted to while in a committed relationship.

Harm: Write any specific harm that comes to you while writing. Lying to my friend, to my partner.
Stealing peace of mind from my partner, my friend and Anna. Stealing our employer's time to
deal with this chaos

SEX INVENTORY WORKSHEET

"God please help me see the Truth about my conduct in relationships"

Name: _____ Relationship: _____

Write a brief history of the relationship:

My motives for getting involved were... _____

My specific conduct in the relationship has been... _____

The major points that came up in the relationship are... _____

How it ended...? or how it is now... _____

"God please help me see the Truth about my conduct in relationships"

Look at each relationship and answer these nine questions (*ref p.69-71*)

1) Where had I been selfish? _____

2) Where had I been dishonest? _____

3) Where had I been inconsiderate? _____

4) Whom did I hurt? (Look around the relationship) _____

5) Did I arouse jealousy? _____

6) Did I arouse suspicion? _____

7) Did I arouse bitterness? _____

8) Where was I at fault? _____

9) What should I have done instead? (In the relationship. Don't write "not gotten involved in the first place.")
Make sure you are especially explicit with Question #9 you will refer back to this for writing the Sex Ideal.

Harm: Write any specific harm that comes to you while writing. _____

My Sexual Ideal

God, in the future, I would like to be a person who has sex with people that I truly care about as an act of love and a way to be closer. I want to have had some time to get to know the person so that I can make a decision that is based more in reality and less in sex or in just not wanting to be alone (filling the gap). I do not get involved with people who are committed in a relationship on any level, or while I am committed, and I respect my friendships. While they may not be in a committed relationship, I am sensitive to their feelings and don't get involved with someone that they have strong feelings for. I should wait to emotionally commit to someone until I have dated them for at least 3 months.

My Sexual Ideal

God please help me make my decisions about love and sex that they be based more in reality, aligned with your will, and not simply in carnal desire. Help me to avoid the fear of being alone. I want to be a man who has sex with someone, after having had some time to get to know the person, as an act of love, and a way of getting closer or becoming more intimate.

God, please enable me to be willing to be honest and to communicate openly with regards to our differences, goals, dreams, sex and finances. Please help me to bring a God consciousness into my relationships. Please help me to have a relationship that is free of all abuse. I want to love all others as they are, and not hope to change them. You, God, make no mistakes.

Help me not to get involved with someone who is committed in a relationship on any level, or while I am committed to someone else. Please help me to be an equal partner in every way possible. Help me avoid the temptation to control others with attention, affection, gifts, love or sex. Please help me to act sexually as I would want a friend to act towards me that is with honor, respect and love. Amen.