**This does not replace the original resentment inventory. Use this or the original resentment inventory for self-defeating beliefs**

**Self-Defeating Belief Inventory**

“God Please Help Me See the Truth About My Self-Defeating Beliefs”

<table>
<thead>
<tr>
<th>Column 1 - My Self-Defeating Belief:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Column 2 - The Cause: Why Do I Have This Belief? Who Told me This? What Happened in my past?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Column 3 - Affects My: Keep column 1 &amp; 2 in mind while writing column 3 (ref p.63 “we considered it carefully”)</th>
</tr>
</thead>
</table>

**Self Esteem:** How does this belief make me feel about myself?

Fear of being…

Pride: How does this belief affect how I think people see me?

Ambition: Who do I want to be? What do I want to do? How does this belief affect those things?

Security: What do I want or need to be secure in? How does this belief affect those things I want to be secure in? (Physical &/or Emotionally?)

Personal Relationships: How does this belief affect how I deal with other people in a general way?

Sex Relationships: How does this belief effect my intimate relationships with someone else, other?

Pocket Book: How does this belief affect me financially?

Is this a Lie?

__________________________

__________________________
“God Help Me See the Truth”

Column 4 - Look Around the Whole Belief / Lie

Where was I Self-Seeking? What did I Do? What were my selfish actions or activities?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Where had I been Selfish? What was my selfish Thinking or behavior?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Where was I Dishonest? What are the lies I tell myself as a result of my selfish thinking? (Am I not a victim of delusion I can wrest satisfaction & happiness if I only manage well?)
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Where was I frightened? What am I afraid of?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Harm: Do I see any harm I caused? Look around the belief, including how it affects others i.e.: partners, kids, parents, employers etc...)
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________