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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)*

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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..."

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

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

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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")

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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..."

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

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"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.

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(ref. p.62-¶1 “driven by a hundred forms of fear, self-delusion, self-seeking and self pity [my attitude]...)

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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? (concerned only with myself) _____

2) Where had I been dishonest? (deceptive or fraudulent) _____

3) Where had I been inconsiderate? (disregard for others) _____

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

5) How did I arouse jealousy? _____

6) How did I arouse suspicion? (doubt about my honesty) _____

7) How did I arouse bitterness? (deep resentment) _____

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. _____
