

## RESENTMENT INVENTORY

<p>I listed people, institutions and principles with whom I am angry. (64:3)  <b>I am resentful at:</b>                  (This includes grudges, regrets, and those we're annoyed with, agitated by, or that "let us down".)</p>	<p>I asked myself why I am angry? (64:3)  <b>The cause:</b></p>	<p>In most cases it was found that the following was hurt, threatened or interfered with.  <b>Affects my:</b> (64:3, 65:1)</p>	<p>Putting out of my mind the wrongs others had done, I resolutely looked for my own mistakes. Though a situation had not been entirely my fault, I try to disregard the other person involved entirely. <b>Where had I been selfish, dishonest, self-seeking and frightened? Where was I to blame?</b> (67:2)</p>																																																																																																				
<table style="margin: auto; border-collapse: collapse;"> <tr> <td style="padding: 2px;">S</td><td style="padding: 2px;">E</td><td style="padding: 2px;">P</td><td style="padding: 2px;">S</td><td style="padding: 2px;">A</td><td style="padding: 2px;">P</td><td style="padding: 2px;">P</td><td style="padding: 2px;">R</td><td style="padding: 2px;">S</td><td style="padding: 2px;">R</td> </tr> <tr> <td style="padding: 2px;">E</td><td style="padding: 2px;">S</td><td style="padding: 2px;">O</td><td style="padding: 2px;">E</td><td style="padding: 2px;">M</td><td style="padding: 2px;">R</td><td style="padding: 2px;">E</td><td style="padding: 2px;">E</td><td style="padding: 2px;">E</td><td style="padding: 2px;">E</td> </tr> <tr> <td style="padding: 2px;">L</td><td style="padding: 2px;">T</td><td style="padding: 2px;">C</td><td style="padding: 2px;">C</td><td style="padding: 2px;">B</td><td style="padding: 2px;">I</td><td style="padding: 2px;">R</td><td style="padding: 2px;">L</td><td style="padding: 2px;">X</td><td style="padding: 2px;">L</td> </tr> <tr> <td style="padding: 2px;">F</td><td style="padding: 2px;">E</td><td style="padding: 2px;">K</td><td style="padding: 2px;">U</td><td style="padding: 2px;">I</td><td style="padding: 2px;">D</td><td style="padding: 2px;">S</td><td style="padding: 2px;">A</td><td style="padding: 2px;">A</td><td style="padding: 2px;"></td> </tr> <tr> <td style="padding: 2px;"></td><td style="padding: 2px;">E</td><td style="padding: 2px;">E</td><td style="padding: 2px;">R</td><td style="padding: 2px;">T</td><td style="padding: 2px;">E</td><td style="padding: 2px;">O</td><td style="padding: 2px;">T</td><td style="padding: 2px;">T</td><td style="padding: 2px;"></td> </tr> <tr> <td style="padding: 2px;"></td><td style="padding: 2px;">M</td><td style="padding: 2px;">T</td><td style="padding: 2px;">I</td><td style="padding: 2px;">I</td><td style="padding: 2px;"></td><td style="padding: 2px;">N</td><td style="padding: 2px;">I</td><td style="padding: 2px;">I</td><td style="padding: 2px;"></td> </tr> <tr> <td style="padding: 2px;"></td><td style="padding: 2px;"></td><td style="padding: 2px;">B</td><td style="padding: 2px;">T</td><td style="padding: 2px;">O</td><td style="padding: 2px;"></td><td style="padding: 2px;">A</td><td style="padding: 2px;">O</td><td style="padding: 2px;">O</td><td style="padding: 2px;"></td> </tr> <tr> <td style="padding: 2px;"></td><td style="padding: 2px;"></td><td style="padding: 2px;">O</td><td style="padding: 2px;">Y</td><td style="padding: 2px;">N</td><td style="padding: 2px;"></td><td style="padding: 2px;">L</td><td style="padding: 2px;">N</td><td style="padding: 2px;">N</td><td style="padding: 2px;"></td> </tr> <tr> <td style="padding: 2px;"></td><td style="padding: 2px;"></td><td style="padding: 2px;">O</td><td style="padding: 2px;">S</td><td style="padding: 2px;"></td><td style="padding: 2px;"></td><td style="padding: 2px;">S</td><td style="padding: 2px;"></td><td style="padding: 2px;">S</td><td style="padding: 2px;"></td> </tr> <tr> <td style="padding: 2px;"></td><td style="padding: 2px;"></td><td style="padding: 2px;">K</td><td style="padding: 2px;"></td><td style="padding: 2px;"></td><td style="padding: 2px;"></td><td style="padding: 2px;"></td><td style="padding: 2px;"></td><td style="padding: 2px;"></td><td style="padding: 2px;"></td> </tr> </table>				S	E	P	S	A	P	P	R	S	R	E	S	O	E	M	R	E	E	E	E	L	T	C	C	B	I	R	L	X	L	F	E	K	U	I	D	S	A	A			E	E	R	T	E	O	T	T			M	T	I	I		N	I	I				B	T	O		A	O	O				O	Y	N		L	N	N				O	S			S		S				K							
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## FEAR INVENTORY

<p><b>I listed my fears.</b>                  (68:1)                  (Remember to include the fears identified in the Resentment Inventory.)</p>	<p><b>I asked myself why I had them.</b>                  (68:1) (The rationalization you tell yourself to support the fear, usually an underlying fear.)</p>	<p><b>But did not I, myself, set the ball rolling?</b> (67:3)  <b>How did self-reliance fail me?</b> (68:1) This includes considering if my own selfishness and self-centeredness was involved. (62:1) (This is similar to the fourth column of the Resentment Inventory.)</p>	<p>Just to the extent that we do as we think God would have us, and humbly rely on Him, does He enable us to match calamity with serenity. <u>We direct our attention to what God would have us be.</u> <b>What, perhaps, is a better way?</b> (68:2 &amp; 3)</p>
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## SEX & HARMS INVENTORY

<p><b>Whom did I hurt?</b> (69:1)                  (Directly or indirectly. Perhaps begin with the people you've had sex with and then branch out to all relations, even those not involving sex.)</p>	<p><b>Did I unjustifiably arouse (in THEM):</b> (69:1)</p>	<table style="margin: auto; border-collapse: collapse;"> <tr> <td style="padding: 2px;">J</td><td style="padding: 2px;">S</td><td style="padding: 2px;">B</td> </tr> <tr> <td style="padding: 2px;">E</td><td style="padding: 2px;">U</td><td style="padding: 2px;">I</td> </tr> <tr> <td style="padding: 2px;">A</td><td style="padding: 2px;">S</td><td style="padding: 2px;">T</td> </tr> <tr> <td style="padding: 2px;">L</td><td style="padding: 2px;">P</td><td style="padding: 2px;">T</td> </tr> <tr> <td style="padding: 2px;">O</td><td style="padding: 2px;">I</td><td style="padding: 2px;">E</td> </tr> <tr> <td style="padding: 2px;">U</td><td style="padding: 2px;">C</td><td style="padding: 2px;">R</td> </tr> <tr> <td style="padding: 2px;">S</td><td style="padding: 2px;">I</td><td style="padding: 2px;">N</td> </tr> <tr> <td style="padding: 2px;">Y</td><td style="padding: 2px;">O</td><td style="padding: 2px;">E</td> </tr> <tr> <td style="padding: 2px;"></td><td style="padding: 2px;">N</td><td style="padding: 2px;">S</td> </tr> <tr> <td style="padding: 2px;"></td><td style="padding: 2px;"></td><td style="padding: 2px;">S</td> </tr> </table>	J	S	B	E	U	I	A	S	T	L	P	T	O	I	E	U	C	R	S	I	N	Y	O	E		N	S			S	<p><b>I reviewed <u>my own</u> conduct over the years past. Where was I at fault? Where had I been selfish, dishonest or inconsiderate?</b> (69:1) <b>What were/are my motives?</b> (70:1)                  (Remember to go back and put on the Fear Inventory any new fears you find while reviewing your past sex &amp; harms conduct.)</p>	<p><b>What should I have done instead?</b> (69:1)</p>
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