

Resentment Inventory

Resentment inventory
Pg 64-67 Big Book

Column I We listed people, institutions, or principles with whom we were angry.	Column II We asked ourselves why we were angry?	Column III What is affected?					After first three Columns are done Turn back to the list in this manner	Column IV Now we resolutely look for our own mistakes Where have we been...			
		Self Esteem	Security	Ambitions	P-Relations	S-Relations		Selfish	Dishonest	Self-Seeking	Frightened
							Column I Realize that those who harmed you are perhaps spiritually sick.				
							Column II What they did are symptoms				
							Column III This is the way their sickness hurt you				
							We pray through every resentment				
							<u>Prayers</u>				
							We ask God to save us from being angry				
							We ask God to help us show them the same tolerance, pity and patience that we would show a sick friend.				

Fear Inventory

Fear Inventory Pg 68 Big Book

Column I What am I afraid of?	Column II Who am I relying on?		Fear Prayer
	God	Self	
			<p style="text-align: center;">Use this prayer for all fears as they crop up.</p> <p style="text-align: center;">We ask God to REMOVE our fear and DIRECT our attention to what He would have us be.</p>

Review of our past conduct

Sex Conduct Inventory
Pg 68-70 Big Book

Column I Who have I hurt?	Column II What did I do? What should I have done?	Column III Did I arouse:				Column IV Was I:			Sex Conduct Prayers
		Jealousy	Suspicion	Bitterness		Selfish	Dishonest	Inconsiderate	
									We ask God to mold our ideals and help us to live up to them.
									We ask God what to do about each specific matter.
									We pray for the right ideal, guidance, sanity, and for the strength to do the right thing.

RESENTMENT INVENTORY PROMPT SHEET

Here is a list of people, institutions and principles that may be helpful in your resentment inventory. Feel free to add to the lists if needed.

<u>PEOPLE</u>	<u>INSTITUTIONS</u>	<u>PRINCIPLES</u>
Father (Step)	Marriage	God-Deity
Mother (Step)	Bible	Retribution
Sisters (Step)	Church	Ten Commandments
Brothers (Step)	Religion	Jesus Christ
Aunts	Races	Satan
Uncles	Law	Death
Cousins	Authority	Life After Death
Clergy	Government	Heaven
Police	Education System	Hell
Lawyers	Correctional System	Sin
Judges	Mental Health System	Adultery
Doctors	Philosophy	Golden Rule
Employers	Nationality	Original Sin
Employees		Seven Deadly Sins
Co-Workers		
In-Laws		
Husbands		
Wives		
Creditors		
Childhood Friends		
School Friends		
Teachers		
Life Long Friends		
Best Friends		
Acquaintances		
Girl Friends		
Boy Friends		
Parole Officers		
Probation Officers		
A.A. Friends		
C.A. Friends		
N.A. Friends		
U.S. Service Friends		

FEAR INVENTORY PROMPT SHEET

Here is a list of fears that may be helpful in your fear inventory.
Feel free to add to the lists if needed.

Fear of God
Fear of Dying
Fear of Insanity
Fear of Insecurity
Fear of Rejection
Fear of Loneliness
Fear of Diseases
Fear of Alcohol
Fear of Drugs
Fear of Relapse
Fear of Sex
Fear of Sin
Fear of Self-Expression
Fear of Authority
Fear of Heights
Fear of Unemployment
Fear of Employment
Fear of Parents
Fear of Losing a Wife
Fear of Losing a Husband
Fear of Losing a Child
Fear of Animals
Fear of Insects
Fear of Police
Fear of Jail
Fear of Doctors
Fear of Stealing
Fear of Creditors
Fear of Being Found Out
Fear of Homosexuals & Lesbians
Fear of Failure
Fear of Success
Fear of Responsibility
Fear of Physical Pain
Fear of Fear

Fear of Drowning
Fear of Men
Fear of Women
Fear of Being Alone
Fear of People
Fear of Crying
Fear of Poverty
Fear of Races
Fear of the Unknown
Fear of Abandonment
Fear of Intimacy
Fear of Disapproval
Fear of Rejection
Fear of Confrontation
Fear of Sobriety
Fear of Hospitals
Fear of Responsibility
Fear of Feeling
Fear of Getting Old
Fear of Hurting Others
Fear of Violence
Fear of Writing Inventory
Fear of Being Alive
Fear of Government
Fear of Gangs
Fear of Gossip
Fear of Wealthy People
Fear of Guns
Fear of Change