Resentment Inventory

Column 1: List People, Institutions, and Principals in which I am Angry
Column 2: Ask yourself why am I Angry? What did they do to me to cause the Anger?
Column 3: On my grudge list I set opposite each name my injuries. Was it My self-esteem, My Security, My Ambitions, My personal or Sex Relations which had been interfered with?
Column 4: Putting out of our mind the wrongs others have done, I resolutely look for my own mistakes. What did I do, if anything to set in motion trains of circumstances, which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so?
Column 5: Where Had I Been: Selfish, Dishonest, Self Seeking and Frightened, Inconsiderate? Which character defects caused me to do what I did, or cause me to want to hold on to the old resentment. Even though I may have done nothing to cause it?

COLUMN 1 I am Resentful at	COLUMN 2 The Cause	COLUMN 3 Affects My									COLUMN 4 What Did I Do?	COLUMN 5 Where Had I Been:				
		Social Instinct		Security Instinct		Sex Instinct		Ambitions								
		Self-Esteem	Personal Relationships	Material	Emotional	Acceptable Sex	Hidden Sex	Social	Security	Sex						
list People, Instintutions, and Principals in which I am Angry.	Why am I angry? What did they do to me to cause the Anger?										Putting out of our mind the wrongs others have done, I resolutely look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances, which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so?	Selfish	Dishonest	Self-Seeking	Frightened	Inconsiderate