

Step 4 Inventory Expanded with Explanations

Resentment Inventory "God please help me see the truth about my resentments" (p.1)

____) _____ **I am resentful at:** (ref. P65 example) A resentment is: *feelings of bitterness, hurt or indignation which comes from rightly or wrongly held feelings of being injured or offended.* It is something in the past that didn't go my way. What is on my mind right now? In what areas of my life have I not given or am I not willing to give to G-d? In what areas of my life have I been generally unhappy, frustrated, angry, or upset about lately? What have I been complaining about? In what areas has my drama been lately? In what areas have I not been getting my way? Examples include: my job, finances, investments, relationships, spirituality, physical condition, etc? _____

The Cause: (ref. p65 example) Do not minimize or be "spiritual" or nice. Allow yourself to be as critical, judgmental as you really feel. _____

******Target: try to chunk the resentment into main ideas******

Column 3: beliefs I operate in when playing G-d

Affects my: Keep Columns 1 & 2 in mind while writing the 3rd Column considerations (ref. p65 ¶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").

Difficulties are fears running my life.

Fear of being...
(not good enough)

Self Esteem: *My deep down belief about who I am. My stage character; The role I've assigned myself. How I see or feel about myself. How I see me.*

Start sentences with – "I am... Example: I am the best husband she could have.

Pride: *How I think others see me or feel about me. "The role I've assigned others"* Start sentence with – "Others should..." or "No one should..." or "Others can..." see (column 1) treating me as.... How the rest of the players are supposed to see me. How do I want other people to see me being treated by person in column 1? Others should see XXXX treating me as.....

Ambition: *What I want to happen here.* Start sentences with – "I want..." ()
What do I want out of this scene for myself? From the **outside** of me looking in, what do I want so that I can be OK and live happily? This is from my perspective

Security: *What I need here, to be okay.* Start sentences with – "I need...to be OK" ()
What I need out of this scene to be OK. Why do I need it? What do I need to not have resentment? What do I need on the **inside** so that I would not have resentment?

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" What is my vision of what this relationship should look like? How should family, friends and colleagues see or treat me?

Sex (Gender) Relations: How should family, friends or co-workers see or treat me? My ()
deep-seated beliefs of how real men and/or women are supposed to be. Start sentences with --"A real man..." and/or "A real woman..." Refers to my sense of myself: as a woman or as a man. My ideal vision of what should be. My deep seated idea of how a real man and or woman would be in this situation. The ideal/model woman should always or is..... The ideal/model man should always or is.....

Pocket Book: *Affects my finances.*

Start sentences with --"No one (can, should, shouldn't)..." or "Others (can, should, shouldn't)..." "No ()
one should do anything that interferes with, affects or diminishes my _____. I only write on pocketbook if it affects my finances or job in some way.

PRANCING THROUGH THE STEPS WITH AN ICONOCLAST

Resentment Inventory "God please help me see the truth about my resentments" (p.2)

Realization: "How have I done the things I've resented in Column 2 to the person I've listed in Column 1 and/or others?" (ref. p66-¶3 "this was our course: We realized that the people who wronged us were, perhaps, spiritually sick... like ourselves"). **Skip this if Column 1 is not a person.**

Defect: *lack of something necessary for completeness; same as shortcoming. A defect is what blocks me from G-d. It is what I do. Nature:* The essential characteristic of something (root cause, the truth of where the wrong began – what created the wrong. Use the 4th column to look at character defects and the nature of those defects.

"God, this is a sick person like me. How can I be helpful to them? God, save me from being angry. Thy will be done."

4th Column: Entirely disregard the other person involved; this is our inventory, not theirs. "Where was I responsible, before? During? After? What did I do?" Where am I to blame/responsible? What is my part, then and/or now? (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; ex: "I shun, I gossip, I yell." Stay focused on what you've seen so far in Column 1 thru the Realization as you write.

"Where had I been..."

Self-Seeking: *Constantly looking to further one's own interests – to get what I want.* Look around the whole resentment: "What did I do? Where was I to blame?" Where was I acting on behalf of myself? What did I do to hold onto the resentment? This refers to my objective actions or activities.

My selfish actions or activities were...?

Selfish: *Concerned with one's own welfare or interest and having little or no concern for others – to keep what I have.* "What was my selfish thinking while I was doing the above actions? What was I thinking? Where am I thinking about myself?" This refers to my subjective attitudes/thoughts or beliefs that contributed to this resentment?

My selfish attitudes were...?

Dishonest: *The act or practice of telling a lie, cheating, deceiving, stealing.* What were the lies I was telling myself that resulted in my selfish thinking above? Misrepresenting myself: lying by commission or omission. In what ways did I misrepresent myself by commission or by omission? .

I was in the delusion that...?

Afraid: *Filled with concern, regret or sorrow over a situation that is or seems to be inescapable; filled with annoyed expectation of an unwanted contingency. A deep seated though not necessarily outwardly apparent reaction of fear manifest in a strong sense of personal desire to avoid or evade the cause of the reaction.* What are the fears that drive the delusions above? What are the fears that drive the delusions above? Was I afraid of not getting what I want or losing what I have? In what ways did I anticipate a loss to myself, of not getting something that I wanted for myself? I set the ball rolling reacting out of fear. Fear: a feeling of anxiety, agitation, uneasiness or apprehension. Fear= "wrong believing."

I was afraid...?

The above fears drive the delusions that result in the attitude that are behind the actions.

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

Consider if there are any other fears that should be on the fear list. Consider the opposite of each fear; if it applies, add it to the list. Ex: being alone/being committed? Failing/succeeding?

(Ref. p68-P1-¶1 "We put them on paper, even though we had no resentment in connection with them.")

Harm: "Do I see any harm I caused?" Look around the resentment as well (ie: parents, friends, employers). What harm did I cause this person? What harm did I cause to other people in and around this relationship? List any other fears you may have become aware of. Wrong acting: wrongful acts which result in pain, hurt feelings, worry, financial loss, etc. for others and also self.

The Fear inventory is done in columns like resentments. List fears connected to resentment (column four, question 4) and then any fears not connected to resentment (heights, spiders, snakes, poverty, aids etc.) As a technique to not miss any fears, then I look at any opposite of the fears I have already listed. After I have fears listed, I boil the fears down to my “Hit parade” with the question: “why do I have this particular fear?”

Fear/Opposite fear	Why do I have this fear?				
Acceptance					
Rejection	I will be alone	It is painful	I will drink	I will die	Fear of the unknown
Isolation	Alone	Painful	Drink	Die	unknown
Relationships	Intimacy	Being found out	Unknown		

An Example of Fear Prayer:

“God, thank you for helping me be honest enough to see this truth about myself and now that you have shown me the truth about my fears, please remove these fears from me. Lord, please help me outgrow my fears and direct my attention to what you would have me be. Father, demonstrate through me and help me become that which you would have me be. Help me do thy will always, Amen.”(68:3)

The Fear Tool:

As I go through my day: If I notice that one of my character defects has raised its ugly head, I use the fear tool. When I see the character defect, I know from experience that I must be afraid. The only problem is figuring out what I’m afraid of. Therefore, I go back to my ‘hit parade’. My ‘Hit Parade’ has all of my root fears on it and it helps me figure out which of my fears has been triggered. If I can figure out which fear it is, I stop and say the Fear Prayer, offering the fear to God. “At once, I commence to outgrow fear”. Now I have the Power I need to walk through the fear and live God’s will. I can now become what He would have me be...

Another way to look at Fears: each one.

Write out a fear inventory in paragraph form using the topics below.

What is the Fear?

What was my Belief System with regard to this fear?

How has Self-reliance failed me with regard to this fear?

What “Roles or Characters” (Theater of the Lie) has my ego assigned to me with regard to this fear?

When I experience this fear, what would God have me be?

Questions to ask of your main fears

When did I first have this fear?

How is it affecting me?

Why do I have this fear? What’s the lie I am telling myself?

How do I perpetuate this fear? How do I keep feeding this fear? How

do I keep feeding this fear? What do I do to avoid it?

What can I do instead?

Write at length about

Types of fears — The fear of:

Abandonment
Acceptance
Alcohol
Authority
Being bad, corrupt,
evil, defective
Being controlled
by others
Being deprived
Being foolish
Being harmed
Being incapable
Being worthless
Being unloved
Being useless
Being myself
Change
Communication
Conflict
Death
Declining health
Defeat
Diminishment
Disease
Doing wrong
Duty
Exposure
Failure
Fighting

Financial problems
Fragmentation
The future
God
Government
Guidance
Honesty
Hurting others
Ignorance
Incarceration (captivity; being
imprisoned)
Incompetence
Injury
Insecurity
Insignificance
Intimacy
Invasion of
boundaries
Isolation
Knowledge
Lack
Limitation
Loneliness
Looking stupid
Loss
Loss of connection
Material loss
Military

Love
Meaninglessness
Myself
No identity
Old age
Pain
The past
People (shyness)
Phobias
Possessiveness
Poverty
Public speaking
Punishment
Other Races
Rejection
Relationships
Responsibility
Ridicule
Self-expression
Selfishness
Separation
Sex & Sexuality
Shyness
Stupid (being)
Success
Support
The truth
The unknown
Vulnerability

Glossary of Direction

Examples of what God might direct

Glossary of Direction

Acceptance – tolerate and accept people and situations.

Altruistic – Unselfish interest in the welfare of others.

Assured – freedom from doubt; belief in yourself and your abilities.

Attentive – Regarding the needs of others; giving proper care.

Calm – Quiet; feeling friendly.

Compassionate – Forgiving, caring about the suffering and misfortune of others.

Complimentary – Expression that heals another.

Concerned – Concerned about others; a feeling that others are important.

Consciousness – An alert cognitive state in which you are aware of yourself and your situation

Considerate – Thoughtful; having consideration for others; regarding others and their feelings.

Dependable – Reliable for support or aid.

Diligent – Care and perseverance in carrying out the steps.

Disciplined – Self-controlled and efficient; orderly conduct.

Encouraged – Hope or courage; inspire with confidence; promote.

Energetic – Energy; ready to work.

Enthusiastic – Passionate and eager; having the presence of God within.

Fair – Reasonable, honest and just.

Faith – Complete confidence in a plan; express belief in a divine power.

Faithful – Authentic; genuine; true to life; having faith or loyalty; steadfast affection or allegiance.

Fearless – Confident, courageous.

Flexible – Yielding and compliant; capable of being changed.

Generous – Kind and charitable; willing to give and share; not petty in character and mind.

Gentle – Tender, kind and calm.

Good-will – grace; kindness and compassion.

Gracious – Polite and generous; characterized by kindness and warm courtesy; courteous.

Grateful – Thankful, appreciative, pleased, satisfied.

Happy – State of well-being; emotions ranging from contentment to intense joy.

Harmonious – Agreeable or pleasing; exhibiting equivalence.

Honest – Sincere and truthful; dependable; not disposed to cheat or defraud; not deceptive or fraudulent.

Honorable – Deserving respect; ethical.

Humble – Lack of false pride; unassuming and modest.

Inclusive – Including the whole truth.

Loving – Affectionate, devoted, tender; giving pleasure to others.

Miraculous – An amazing or wonderful occurrence; a marvelous event.

Moderate – Balanced, sensible and restrained.

Modest – Reserved and reasonable.

Nonjudgmental – Lenient with others; accommodating; hands-off.

Open-minded – Unbiased and tolerant; willing to consider new and different ideas or opinions.

Organized – Prepared and orderly.

Passive – Peaceable; cooperation with others.

Patient – Tolerant, serene, uncomplaining.

Peaceful – Absence of mental stress or anxiety; harmonious relations; freedom from dispute.

Polite – Courteous and sensitive; showing regard for others in manners, speech and behavior.

Rational – Lucid, sane and normal; state of having good sense and sound judgment.

Recovered – Freed from illness or injury; found after being lost.

Reliable – Trustworthy, consistent and dependable.

Reserved – Restrained desires. **Resigned** – Original, honest and faithful.

Respectful – Honorable; high regard for others.

Responsible – Meeting obligation, duties and responsibilities.

Sacred – Blessed by God.

Secure – Feeling safe; free from danger or risk; not likely to fail or give up.

Self-respecting – Knowing you are valuable; dignity; being worthy of esteem and respect..

Selfless – Concerned with the welfare and affairs of others.

Sensitive – Responsive to others' needs; able to feel or perceive the needs of others.

Sincere – Stable and honest; open and genuine; not deceitful; earnest.

Spiritual – Concerned with or affecting the spirit or soul.

Stable – Constant; enduring and free; quality of being steadfast.

Thorough – Careful and accurate; exhaustive; performed comprehensively and completely; painstakingly.

Tolerant – Open-minded, nonjudgmental; tolerant of others races, beliefs and lifestyles.

Transparent – Truthful and honest.

Trusting – Believing others are good; Innocent; not doubting others.

Trustworthy – Worthy of trust; reliable; taking responsibility for your conduct and obligations.

Useful – Being of service; quality of being of practical use.

Virtuous – Honorable and worthy; excellent.

Willing – Of your own

Fear Inventory *Read from bottom of page 67 through 68 of the Big Book before beginning.*

1. Column 1: Page 68: "We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them." (Complete column 1 from top to bottom. Do nothing with column 2, 3, 4, 5, until column 1 has been completed.)
2. Column 2: Page 68: "We asked ourselves why we had them." (Complete column 2 from top to bottom. Do nothing with column 3, 4, & 5, until column 2 has been completed.)
3. Column 3: Page 68: "Wasn't it because self-reliance failed us? Self-reliance was good as far as it went, but it didn't go far enough. Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. When it made us cocky, it was worse." (Complete each column within column 3 from top to bottom. Do nothing with column 4 until column 3 has been completed).
4. Column 4: What part of self does the fear affect? (Complete each column within column 4.)
5. Column 5: Page 68: "We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear."

<p>What is the fear? Remember to include the fears identified in the Resentment inventory. Also consider the opposite fear.</p>	<p>Why do I have this fear? The justification you tell yourself for having the fear is usually another underlying fear.</p>	<p>How has self-reliance failed me with regard to this fear? How am I contributing to the fear? This includes considering if my own selfishness and self-centeredness, self-reliance, self-confidence, self-discipline, self-will, was involved. (This is similar to the 4th column of the resentments.) Also, is the fear imagined or real?</p>	<p>What behavior is manifest? What part of self does the fear affect? i.e.: self-esteem, pride, emotional security, pocketbook, ambition, personal relations, sex relations.</p>	<p>When I experience this fear, what would G-d have me be? G-d: please remove my fear and direct my attention to what you would have me BE. Not what He would have us DO, but what He would have us BE. We must go deeper than just changing out actions, because like we've said before, who we are and what motivates us will drive our thoughts and actions.</p>
<p>I am afraid of being embarrassed</p>	<p><i>I am afraid-</i> - of what others think about me - that others don't like me - I will be outcast - I will be alone - I am not likable - I am not a good person - I am unworthy</p>			<p>God remove my fear of embarrassment, of what others think about me, of not being liked, of being an outcast and alone, of not being good and of being unworthy. God direct my attention to being confident in myself, self-assured, friendly and kind, secure in the knowledge that You are always with me, likable, good-natured and to knowing that I am worthy of love and freedom.</p>

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What is the fear?	Why do I have this fear?	How has self-reliance failed me with regard to this fear? i.e.: self-reliance, self-confidence, self-discipline, self-will.	What behavior is manifest? What part of self does the fear affect? i.e.: self-esteem, pride, emotional security, pocketbook, ambition, personal relations, sex relations.	When I experience this fear, what would G-d have me be? G-d: please remove my fear and direct my attention to what you would have me be.
<p>Alone When did I first have this fear? Always, as long as I could remember.</p>	<p>I am afraid of being abandoned → In pain → Suffering → Dying → Fear of the unknown → There is no G-d: I am afraid that there is nothing on the other side and there is no G-d to catch me when I transition from this world.</p>	<p>My self reliance fails me because then I am in pain and get angry and resentful towards other people. I want other people to behave the way I want them to behave, and don't accept them the way they are. It affects me because nothing is ever OK no matter what I do and I feel fearful. I am in the delusion that I am alone and that there is no G-d because if G-d is everything, then I am never alone. If I feel that there is no G-d then it means that He is not in charge. The delusion is that I am in charge, when I am not. I felt that other people should read my mind and know how to behave and I don't take responsibility for my own needs and boundaries.</p>	<p>This fear affects all parts of myself. I perpetuate this fear by not turning to G-d for EVERYTHING in my life. I avoid praying and connecting with G-d.</p>	<p>G-d, remove my fear of being alone, in pain, suffering and death. G-d, please direct my attention to being faithful, patient, peaceful, self-respecting, virtuous spiritual and tolerant, secure in the knowledge that You are always with me. G-d, please allow me to see the good in the midst of all my pain and suffering.</p>

Relationship inventory

My relationship with --	
Where have I been selfish, dishonest, or inconsiderate?	I wanted her to solve my problems at work. I was threatened by her motives. I rarely considered her feelings and finally just gave up on her entirely. I just wanted to look good myself.
Who did I hurt?	Cindy, myself, others like Cindy
Did I unjustifiably arouse jealousy, suspicion or bitterness?	I aroused jealousy by not including her in group activities. I aroused suspicion because I was never completely open with her and tried to get her reprimanded by management. I aroused bitterness because she thought I was out to get her.
Where was I at fault?	I was selfish and lazy. I put her in a no-win situation. I gossiped about her. I only cared about myself.
What should I have done instead?	I should have done the homework and really helped her so I wouldn't put her in a no-win situation. I should have been a team player. I shouldn't have worried what others thought about me and just tried to be a good employee and helpful coworker.
Was this relationship selfish?	Selfish
G-d, mold my ideals and help me. Give the guidance, sanity and strength to do the right thing.	God, I will be thoughtful and considerate in my relationships at work. I will do the homework and identify all the facts, finally trusting You for guidance and strength. I will not let my fear of confrontation put others in no-win situations. God, give me the guidance and strength to be loving and compassionate in all of my relationships at work.

Relationship inventory

My relationship with --	
Where have I been selfish, dishonest, or inconsiderate?	
Who did I hurt?	
Did I unjustifiably arouse jealousy, suspicion or bitterness?	
Where was I at fault?	
What should I have done instead?	
Was this relationship selfish?	
G-d, mold my ideals and help me. Give the guidance, sanity and strength to do the right thing.	

SEX INVENTORY WORKSHEET

“God please help me see the Truth about my conduct in relationships”

Column 1: My motives for getting involved were;
My specific conduct in the relationship has been;
Major points that came up in the relationship are;
how it ended? Or how it is now?

Column 2: Where had we been selfish, dishonest or inconsiderate?

SELFISH

- Using him/her to meet my needs for sex, attention, approval, mothering, or fathering
- Not seeing him/her needs or problems
- Wanting to look good or be liked
- Taking my emotions out on him/her (anger, sadness, etc.)
- Wanting to control him/her
- Wanting special treatment
- Wanting him/her to take care of me
- Wanting more than my share
- Not trying to be a friend

DISHONEST (to me or others)

- Leading someone on—saying I care for him/her more than I do because I want sex
- Not admitting my sexual orientation
- Thinking I'm better (grandiosity)
- Being perfectionistic
- Not being clear about my motive (wanting fathering, mothering, approval, approval, or sex)
- Wanting to vent my emotions on or control him/her
- Cheating on him/her

INCONSIDERATE

- Towards her, him, family, friends, coworkers, etc.
- Putting others or myself at risk of disease, legal involvement, and embarrassment
- How I was inconsiderate?

Column 3: Whom did I hurt? Look around at the relationship.

- Her, him, family, friends, co-workers, etc.
- Me with guilt or shame
- Infecting him/her a sexually transmitted disease
- Involving him/her in legal proceedings
- Embarrassing him/her
- How did I cause the hurt?

Column 4: Did we unjustifiably arouse jealousy, suspicion or bitterness?

JEALOUSY:

- Of her, him, family, friends, coworkers, etc.
- How did I cause jealousy (tricking, flirting, also see *Suspicion*, below)?

SUSPICION:

- Of her, him, family, friends, coworkers, etc.
- How did I cause suspicion (lying, flirting, tricking, coming home late, etc.)?

BITTERNESS:

About her, him, family, friends, coworkers, etc.
About me (guilt, shame)
How did I cause bitterness?

Column 5: Where was I at fault? Where was I selfish, self seeking, dishonest or fearful, thoughtless, uncaring?

- I lied, cheated, was selfish, inconsiderate and unreliable

Column 6: What should I have done instead?

- Not used the person
- Respected him/her
- Tried to be a friend
- Been candid and open
- Cared about him/her
- Treated him/her as I would have wanted to be treated

Column 7: Harm: write any specific harm that comes to you while writing.

- Lying to others
- Stealing peace of mind and time from the person and others

Glossary of Ideals

Examples of what your ideals for a relationship might be

Acceptance – tolerate and accept people and situations.

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