

## Step Four: Guide to how to take an inventory

*Make a searching and fearless moral inventory of ourselves*

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

**Column 1: WHO DO I RESENT?** 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?

**Column 2: WHY DO I RESENT THEM?** The Cause: (ref. p65 example) Do not minimize or be "spiritual" or nice. Allow yourself to be as critical, judgmental as you really feel.

Keep it simple: try to chunk the resentment into main ideas. Stick to what happened, not to the underlying causes of your resentments.

**Column 3: WHAT DOES IT AFFECT?** What are the beliefs I operate in when playing G-d? List you fears and character defect behind each of the seven areas of self.

**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.

**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? What did I do in pursuit of my selfish desires? Did I manipulate people? When my ego was hurt, how did I act out in response? Did I slander or gossip? Justified or not, what harms did I cause, and what unskillful behaviors did I engage in? 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. What did I want from the person or situation? What expectations, reasonable or not did I bring to the situation? What did I take? What did I withhold?

### **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? What lies did I tell? Did I misrepresent myself? What false premises enabled the resentment to develop? Did I pretend to feel something that I didn’t? Did I cheat or betray a confidence? Was I hypocritical? Did I play dumb, or feign innocence? Did I lie by omission? Did I harbor ulterior motives? Did I lie to myself through delusion or rationalizations?

### **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? 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? What fears underlie the resentment, relationship or situation? 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.