

Step 4 Resentment Inventory “God, please help me see the truth about my resentments.”

Column 1	People, institutions and Principles I resent
Column 2	The cause. Why am I resentful? Limit this answer to < 20 words. Think more in terms of a short summary rather than a long story.
Column 3	<p>This affects, threatens, hurts or interferes with my:</p> <p>Self Esteem: My deep down belief about who I am “I am...(How I see me)</p> <p>Pride: How I think others see me or feel about me. Others should.... No one should.... Or Others can... (How you see me)</p> <p>Ambition: What I want to happen here. I want...(Outside)</p> <p>Security: What I need here, to be okay. Start sentences with – “I need...to be OK” (Inside)</p> <p>Personal relations: What is my vision of what this relationship should look like? How should family, friends and colleagues see or treat me? (Outside: how should this relationship look?)</p> <p>Sex (Gender) relations: Refers to my belief about <u>myself</u> as a woman or as a man. My ideal vision of how I should be in this situation. (Inside: how I should be in this relationship?)</p> <p>Pocket Book: Affects my finances. Start sentences with --“No one (can, should, shouldn’t)...” or “Others (can, should, shouldn’t)...”</p>
Column 4	Motives. How did I contribute to the problem? What I say, do or not do, or think, including my expectations. How did I treat that person/institution? Have I ever done to them or another person what they did to me? What do I do to keep the resentment alive?
Column 5	<p>Self-examination. What was my part? What is the nature of my wrongs, faults, mistakes, defects? Where was I:</p> <p>Self-seeking: What did I do in pursuit of my selfish desires? Did I manipulate people? When my ego was hurt, how did I react? Did I slander or gossip? Justified or not, what harms did I cause? How? My selfish actions or activities were.....</p> <p>Selfish: 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.....</p> <p>Dishonest: What lies did I tell? Did I misrepresent myself? Did I pretend to feel something 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 rationalization? I was in the delusion that.....</p> <p>Afraid: What fears underlie the resentment, relationship or situation? I was afraid.....</p>
Column 6	Underlying fear. What do I fear I will not receive? What am I afraid will or will not happen? What do I fear they will do or not do?
Column 7	Harm/Character Defect.
Column 8	Amends? What kind? I am willing?
Column 9	What should I have done instead? How would God have me be? Identify assets to strive for i.e. humility, trust, intimacy, honest, contentment, generosity, love, zeal, forgiveness, unselfishness, patience, etc. Ask God’s forgiveness and what corrective measures should be taken.

This worksheet encompasses: Steps 4-9: the exact nature of our wrongs, defects of character, harms, and amends and corrective measures.