

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 you need to.

<u>PEOPLE</u>	<u>INSTITUTIONS</u>	<u>PRINCIPLES</u>
<i>Father or stepfather</i>	<i>Marriage</i>	<i>God – Deity</i>
<i>Mother or stepmother</i>	<i>Bible</i>	<i>Retribution</i>
<i>Sister or stepsister</i>	<i>Church</i>	<i>Ten Commandments</i>
<i>Brothers or stepbrother</i>	<i>Religion</i>	<i>Jesus Christ</i>
<i>Aunts</i>	<i>Races</i>	<i>Satan</i>
<i>Uncles</i>	<i>Law</i>	<i>Death</i>
<i>Cousins</i>	<i>Authority</i>	<i>Life after death</i>
<i>Police</i>	<i>Government</i>	<i>Heaven</i>
<i>Lawyers</i>	<i>Educational System</i>	<i>Hell</i>
<i>Judges</i>	<i>Correctional System</i>	<i>Sin</i>
<i>Doctors</i>	<i>Mental Health System</i>	<i>Adultery</i>
<i>Employers</i>	<i>Philosophy</i>	<i>Golden Rule</i>
<i>Co-workers</i>	<i>Nationality</i>	<i>Original Sin</i>
<i>In-Laws</i>		<i>Seven Deadly Sins</i>
<i>Husbands</i>		
<i>Wives</i>		
<i>Creditors</i>		
<i>School Friends</i>		
<i>Teachers</i>		
<i>Life Long Friends</i>		
<i>Best Friends</i>		
<i>Acquaintances</i>		
<i>Girlfriends</i>		
<i>Boyfriends</i>		
<i>Parole Officers</i>		
<i>Probation Officers</i>		
<i>Counselors</i>		
<i>AA Friends</i>		
<i>US Services friends</i>		

FEAR INVENTORY PROMPT SHEET

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

<i>Fear of God</i>	<i>Fear of drowning</i>
<i>Fear of dying</i>	<i>Fear of men</i>
<i>Fear of insanity</i>	<i>Fear of women</i>
<i>Fear of insecurity</i>	<i>Fear of being alone</i>
<i>Fear of rejection</i>	<i>Fear of people</i>
<i>Fear of loneliness</i>	<i>Fear of crying</i>
<i>Fear of diseases</i>	<i>Fear of poverty</i>
<i>Fear of alcohol</i>	<i>Fear of races</i>
<i>Fear of drugs</i>	<i>Fear of the unknown</i>
<i>Fear of relapse</i>	<i>Fear of abandonment</i>
<i>Fear of sex</i>	<i>Fear of intimacy</i>
<i>Fear of sin</i>	<i>Fear of rejection</i>
<i>Fear of self-expression</i>	<i>Fear of disapproval</i>
<i>Fear of authority</i>	<i>Fear of confrontation</i>
<i>Fear of heights</i>	<i>Fear of sobriety</i>
<i>Fear of unemployment</i>	<i>Fear of hospitals</i>
<i>Fear of parents</i>	<i>Fear of responsibility</i>
<i>Fear of losing a wife/husband</i>	<i>Fear of feelings</i>
<i>Fear of losing a child</i>	<i>Fear of getting old</i>
<i>Fear of animals</i>	<i>Fear of hurting others</i>
<i>Fear of insects</i>	<i>Fear of violence</i>
<i>Fear of police</i>	<i>Fear of writing inventory</i>
<i>Fear of jail</i>	<i>Fear of being alive</i>
<i>Fear of doctors</i>	<i>Fear of government</i>
<i>Fear of stealing</i>	<i>Fear of gangs</i>
<i>Fear of creditors</i>	<i>Fear of gossip</i>
<i>Fear of being found out</i>	<i>Fear of wealthy people</i>
<i>Fear of homosexuals & lesbians</i>	<i>Fear of guns</i>
<i>Fear of failure</i>	<i>Fear of success</i>
<i>Fear of physical pain</i>	<i>Fear of change</i>
<i>Fear of fear</i>	<i>Fear of imperfection</i>
<i>Fear of employment</i>	

CHARACTER DEFECTS PROMPT SHEET

Here is a list of character defects that may be helpful in seeing your part.
“Where was I to blame?” Feel free to add to the list.

Self-will
Selfish
Self-centered
Self-righteous
Self-pity
Self-delusion
Self-reliance
Self-seeking
Demanding
Expectations
Blame
Dishonest
Rationalization
Justification
Lie
Manipulative
Manage and control
Use
Cheat
Steal
Jealousy
Envy
Pride
Greed
Lust
Anger
Antagonistic

Cocky
Arrogance
Judgmental
Mean
Cruel
Vengeful
Punishing
No tolerance
No forgiveness
No patience
No acceptance
No understanding
No compassion
No love
No faith
No trust
Playing God
Ego
Fear
People pleaser
Phony
Character assassination
Gossip
Lazy
Gluttony
Irresponsible