

Resentment Inventory Prompts

People

Myself
Father (Step)
Mother (Step)
Sisters (Step)
Brothers (Step)
Aunts
Uncles
Cousins
Clergy
Police
Lawyers
Judges
Doctors
Employers
Employees
Co-Workers
In-Laws
Husband
Wife
Creditors
Childhood Friends
School Friends
Friends
Teachers
Coaches
Acquaintances
Girl Friends
Boy Friends
Parole Officers

Institutions

Marriage
Bible
Church
Religion
Races
Law
Authority
Government
Educational System
Correctional System
Mental Health System
Philosophy
Nationality
IRS

Principles

God-Deity
Retribution
Ten Commandments
Jesus Christ
Satan
Death
Life After Death
Heaven
Hell
Sin
Adultery
Golden Rule
Original Sin
Seven Deadly Sins