

# Inventory 1: Resentments

## pg 63-67 4 Columns

Column 1: People, institutions or principles with whom we were angry

### Column 1

**Mom**

**Dad**

**my best friend**

**2nd Grade teacher**

**Old boss**

**My ex**

**Fuckin Dave**

**etc...**

**1st page of your notebook**

## **Column 2: Why we were angry (what they did)**

Begin with the first name on the list and put it  
at the top of the next page

**Mom**

Divorced dad when I was 9

Took away my nintendo

Didn't buy me the pony I wanted

**List all the reasons why you were angry. If there are  
multiple reasons, leave 10-15 lines between each  
resentment. Give yourself lots of space. Use multiple  
pages if you have to**

# Column 3: How we were affected

Write how each of these things was affected:

Pride, self-esteem, security, ambition, personal relations, sex relations, \$\$\$ (money).

## Mom

### Divorced dad when I was 9

- My Pride was affected because I didn't want to be a kid from a broken home
- My Self-esteem was affected because I thought that they would stay together if they loved me more
- My Security was affected because my life got thrown into disarray. I was suddenly living in 2 different places.
- My Ambition was affected because I could no longer do the things that were important to me because I lived in 2 different places.
- My Personal Relations were affected because my availability for my friends changed and was never stable.
- My Sex Relations were affected because I never knew where I was going to be, so I learned how to have temporary entanglements instead of learning how to have relationships.
- My \$\$\$ was affected because before the divorce, there was plenty of money; after the divorce, they were both broke. I had to make my own money in my own ways.

# Column 4: My role in this resentment

Write about how you were...

Selfish, Self-Centered, Self-seeking, Dishonest,  
Frightened

## Mom

### Divorced dad when I was 9

- I was Selfish because I didn't care whether my parents were unhappy. I just wanted what I wanted.
- I was Self-centered because I made their divorce all about me.
- I was Self-seeking because I wanted the life I had expected and was angry when I didn't get it.
- I was Dishonest because I never told anybody how I was feeling.
- I was Afraid because I didn't know what would happen and felt completely helpless.

Selfish: Only thinking about my wants and needs.

Self-centered: Making a situation all about myself.

Self-seeking: What I was trying to get out of a situation, circumstance, or experience.

# Inventory 2: Relationships

## pg 68-69 3 Columns

### Column 1: Who

Significant romantic or sexual relationships

### Column 2:

Answer the following  
for each relation:

### Column 3:

Shaping our sane, sound,  
relationship ideal:

Where was I...

1. Selfish?
2. Dishonest?
3. Inconsiderate?

What should I have done instead?  
What should I have done instead?  
What should I have done instead?

4. Whom did I hurt?

What should I have done instead?

Did I arouse...

5. Jealousy?
6. Suspicion?
7. Bitterness?

What should I have done instead?  
What should I have done instead?  
What should I have done instead?

8. Where was I at  
fault?

What should I have done instead?

# Inventory 3: Fears

## pg 67-68 2 Columns

| <b>My fears</b> | <b>Why do I fear that?</b><br>(What is the story I am telling myself about that?) |
|-----------------|-----------------------------------------------------------------------------------|
| Abandonment     | Not being loved -> being unloveable<br>-> unworthy of love -> not loved by God... |
| Failure         |                                                                                   |
| Humiliation     |                                                                                   |
| Dying alone     |                                                                                   |