

Resentment Inventory

Step Four · Part One

A resentment inventory names who or what we're angry at, why, what it touched in us, and where we played a part. Work one column at a time, straight down the page — list every name first, then go back and fill in each cause, and so on. Be as specific and honest as you can. No one reads this page but you, unless you choose to share it with a sponsor.

I'm resentful at <i>Person, institution, or principle</i>	The cause <i>What happened, plainly stated</i>	Affects my <i>Self-esteem, security, ambitions, pride, personal or sex relations</i>	My part <i>Where was I selfish, dishonest, self-seeking, or afraid?</i>

Resentment Inventory — continued

I'm resentful at <i>Person, institution, or principle</i>	The cause <i>What happened, plainly stated</i>	Affects my <i>Self-esteem, security, ambitions, pride, personal or sex relations</i>	My part <i>Where was I selfish, dishonest, self-seeking, or afraid?</i>

When the list feels complete, read back over it once. This page carries into Step Five — you don't have to do anything else with it yet.