## SHIMPLE SITEET

## Review of Resentments

Social

Instinct

## INSTRUCTIONS FOR COMPLETION OF RESENTMENT INVENTORY

In dealing with resentments we set them on paper. We listed people, institutions, or principles with whom we were resentful. (Complete column 1 from top to bottom. Do nothing in columns 2, 3, or 4 until column 1 is completed.)

We asked ourselves why we were resentful. (Complete column 2 from too to bottom. Do nothing in columns 3 or 4 until column 2 is completed.)

On our grudge list we set opposite each name our injuries. Was it our selfesteem, our security, our ambitions, our personal or our sex relations, which had been interfered with? (Complete each column within column 3 going from top to bottom. Starting with the self-esteem column and finishing with the sexual ambitions column. Do nothing in column 4 until column 3 is complete.)

We referred to our list again. Putting out of our minds the wrongs that others had done, we resolutely looked at our own mistakes. Where had we been selfish, dishonest, self-seeking & flightened, or inconsiderate? (Complete column 4 from top to bottom.)

Reading from left to right we now see the resentment, the cause, the part of self that had been affected, and the exact nature of the defect within us that allowed the resentment to surface and block us off from God's will.

I am resentful at:

**Bloomington Police** 

Column 1

Men make more \$ than

women for same job

Can't eat meat on

Friday

Dave A

Laura

Per

Per

Inst

Inst

Prin

Prin

City of Mpls, Bill B and

"SELF"

Security

Instinct

DEFECT OF CHARACTER

Column 3

AFFECTS MY

Which part of self is affected?

Sex

Instinct

Column 4

What is the exact

nature of my wrongs,

faults, mistakes,

defects, or

are of the detect within us that is off from God's will.	Mistinet		Instinct		Instinct				-	shortcomings?			
	Self Esteem	Personal Relationships	Material	Emotional	Acceptable Sex Relations	Hidden Sex Relations	Social	Security	Sexual	Selfish	Dishonest	Self-Seeking & Frightened	Inconsiderate
The cause:	Sel	Rela		B	Sex 1	Hi		2000			g .	Self & Fr	Incor
Passed me over for promotion													
Lied to me about cancer													
Arrested me													
Column 2													
My personal experience		11.											
Have to be conscious of what I eat													

Ambitions