

Resentment Inventory

Column 1: List People, Institutions, and Principals in which I am Angry

Column 2: Ask yourself why am I Angry? What did they do to me to cause the Anger?

Column 3: On my grudge list I set opposite each name my injuries. Was it My self-esteem, My Security, My Ambitions, My personal or Sex Relations which had been interfered with?

Column 4: Putting out of our mind the wrongs others have done, I resolutely look for my own mistakes. What did I do, if anything to set in motion trains of circumstances, which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so?

Column 5: Where Had I Been: Selfish, Dishonest, Self Seeking and Frightened, Inconsiderate? Which character defects caused me to do what I did, or cause me to want to hold on to the old resentment. Even though I may have done nothing to cause it?

[illegible]

Fear Inventory

Column 1: List People, Institutions, and Principals that I Fear

Column 2: What are they going to do to me? Am I going to jail? Am I going to lose something with Material Value? Am I going to lose face? Will it result in Divorce? Will it destroy a personal relationship? Will I lose my Job?

Column 3: On my fears list I set opposite each name the part of self which is affected. Was it My self-esteem, My Security, My Ambitions, My personal or Sex Relations which had been interfered with?

Column 4: What did I do, if anything to set the ball rolling and set in motion trains of circumstances, which have led to my being in the position to have the fear?

Column 5: Where Had I Been: Selfish, Dishonest, Self Seeking and Frightened, Inconsiderate? Which character defects caused me to want to hold on to the old fear, even though I may have done nothing to cause it?

[illegible]

Review of My Own Sex Conduct

Column 1: Who did I Hurt?

Column 2: What did I Do?

Column 3: Which part of self caused me to do what I did? Was it caused by the social instinct? The Security Instinct? or The Sex Instinct?

Column 4: Did I unjustifiably arouse jealousy? Suspicion? or Bitterness? What should I have done instead?

Column 5: Where Had I Been: Selfish, Dishonest, Self Seeking and Frightened, Inconsiderate? Which character defects caused me to do what I did to harm another?

[illegible]

Sex Inventory Ideal

In this way we tried to shape a sane and sound ideal for our future sex life. We subjected each relation to this test - was it selfish or not? We asked God to mold our ideals and help us to live up to them. We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed. – Alcoholics Anonymous Page 69

Write out a new ideal for the future:

Review of Harms Other Than Sexual

Column 1: Who did I Hurt?

Column 2: What did I Do?

Column 3: Which part of self caused me to do what I did? Was it caused by the social instinct? The Security Instinct? or The Sex Instinct?

Column 4: Did I arouse jealousy? Suspicion? Bitterness? Anger? Desire to Retaliate? Ect? What should I have done instead?

Column 5: Where Had I Been: Selfish, Dishonest, Self Seeking and Frightened, Inconsiderate? Which character defects caused me to do what I did to harm another?

[illegible]