

Resentment Inventory

Resentment inventory
Pg 64-67 Big Book

Column I We listed people, institutions, or principles with whom we were angry.	Column II We asked ourselves why we were angry?	Column III What is affected?					After first three Columns are done Turn back to the list in this manner	Column IV Now we resolutely look for our own mistakes Where have we been...				
		Self Esteem	Security	Ambitions	P-Relations	S-Relations		Selfish	Dishonest	Self-Seeking	Frightened	
							Column I Realize that those who harmed you are perhaps spiritually sick.					
							Column II What they did are symptoms					
							Column III This is the way their sickness hurt you					
							We pray through every resentment					
							<u>Prayers</u> We ask God to save us from being angry					
							We ask God to help us show them the same tolerance, pity and patience that we would show a sick friend.					

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