

RESENTMENTS INVENTORY		Helpful suggestions for Resentments inventory: Bookend, set a timer, ask to be shown what I'm ready to see and protected from what I'm not ready for.					
3/8/2021	WHO	WHY?	EFFECTS	EFFECTS	EFFECTS -- PARTS OF SELF	MY PART	
	WHOM/WHAT DO I RESENT?	WHAT WAS THE OFFENSE?	WHAT BASIC HUMAN NEEDS OR RIGHTS WERE AFFECTED OR THREATENED? (Name the hurt)	WHAT FEELINGS DID I HAVE AT THE TIME AND WHERE IN MY BODY DID I FEEL THEM?	HOW DID WHAT HAPPENED AFFECT THE COURSE OF MY LIFE?	WHAT ROLE DID I PLAY (NOT NECESSARILY MY FAULT) IN THE SITUATION OR EVENT?	
QUESTIONS FOR THOUGHT (NOT ALL WILL APPLY):	What person or institution am I holding something against?	Thinking of ONE SPECIFIC EVENT is helpful. If thinking of someone who did many things over a period of time, think of one specific example which can symbolize what you're resentful about. It may be helpful to break down resentments into several different "beefs" with the same individual. Some questions that may be helpful: What happened that I interpreted as painful or unpleasant? What was the offense? Was there injustice? What event or circumstance did I feel angry about? Be as brief and specific as possible. It may be helpful to journal about the incident/situation in order to clarify what the specific resentment is.	Am I resenting my own hurts or the fact that someone I care about was hurt? How were my needs, or another person's, not met? How were my rights, or another person's, threatened? (It may be helpful to view the "Instincts and Feelings" tab below for more understanding about needs.)	Did I feel scared, anxious, or frightened? Disappointed? Sad or depressed? Confused? Confident or smug? Disgusted, repulsed or offended? Aroused? Lonely? Impressed? Hopeful? Jealous? Lovestruck? Bored? Enraged? Shocked? Surprised? Embarrassed? Ashamed? Curious? Joyful? Grateful? Suspicious? Shy? Self-hatred? Bereaved (loss)? Other feelings? (See "Instincts and Feelings" tab for suggestions)	How did what happened affect my: SELF-ESTEEM (how I view myself) RELATIONSHIPS with others; FINANCES, PRIDE (how I think others view me); AMBITIONS (goals, plans, desires for the future); SECURITY (personal well-being); SEXUAL desires. (It is acceptable to either briefly explain or just list whatever parts were affected without elaborating)	What did I do before the event? Was my role simply to be the recipient of mistreatment? Did I contribute to the situation in any way? Did I allow something to happen? Did someone react to something I said, did, or failed to do?	
EXAMPLE:	My father	Overall lack of approval. Specific event: He told me my ears stuck out.	My needs for respect and dignity, and for acceptance and belonging were not being met.	I felt embarrassed, dismayed, indignant, insecure and self-conscious. I also felt disappointed, hurt, dejected, and resentful.	My SELF-ESTEEM received damage; my RELATIONSHIP with my father was hurt, and my shame and self-consciousness affected my ability to form bonds of friendship or romantic relationships ; FINANCES - due to this and other events, I felt unworthy of anyone spending money on me, including myself; PRIDE - I thought I didn't measure up physically; my AMBITIONS were much lower than they could have been due to low self-esteem; SECURITY - I felt insecure about my appearance; SEXUAL desires - I often preferred fantasy because I felt insecure about my appearance	My part was to simply be the recipient of an unkind comment.	
EXAMPLE:	V, my dead best friend's husband and one of the leaders of our church congregation	On Sunday, he filled in extemporaneously for a scheduled speaker who didn't show up. He publicly announced that our congregation's numbers for genealogy submissions were better than last month's, but that we could do better than that, and talked in terms of what we "need to" be and "should" be doing.	I have a need to feel emotionally safe in church. I perceived his comments as shaming.	When he started talking, I felt overly sensitive and a sense of dread, then dismayed and uncomfortable and a little guilty and ashamed, then displeased, disgusted, and repulsed, then I felt restless, irritated, agitated, indignant, then finally, outraged, and enraged.	It affects my SELF-ESTEEM because I viewed myself as "less-than" because I haven't worked on family history in a long time; it affected my PERSONAL RELATIONSHIP with V (we used to be friends); affects my AMBITIONS and goal of being a fully active member of the congregation, affects my emotional SECURITY	I was present in the congregation and heard his words. I was one of the people who had not submitted any family history data.	
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	2						
	3						
	4						
	5						

	LOOKING FORWARD	LOOKING FORWARD
<p>How do I experience the emotions?</p> <p>GENTLE CONSIDERATIONS</p>	<p>RELEASING THE RESENTMENT: FORGIVENESS</p>	<p>RELEASING OR RENEWING THE RELATIONSHIP</p>
<p>What do I need right now? How am I taking care of myself? Are there self-care behaviors such as eating nourishing foods, staying hydrated, planning sufficient time for sleep, grooming, etc. that I am doing well? Is there a self-care behavior that I feel my Higher Power wants me to increase or focus on? In what ways can I show myself love and compassion? Which of my sponsor's suggestions am I finding particularly helpful? What Outer Circle Behaviors might be pleasant or helpful right now? Are there new Outer Circle Behaviors I could try or add to my circles? Do I need to journal about my feelings? What is the next right thing for me to do?</p>	<p>FORGIVENESS CANNOT BE FORCED OR RUSHED, AND IS PART OF STEPS 8 AND 9. However, this column offers me a chance to prayerfully consider the state of my heart: Where am I as far as willingness to LET GO of what I'm holding against someone? Questions to consider: 1. In what ways am I similar to the person in column C? 2. Do I notice resistance when I consider forgiving? Why / why not? 3. What would be the best outcome I could imagine? 4. What could change for the better if I forgive? 5. How has the painful experience made me stronger, made me grow, and helped me have empathy for others? One suggestion which could help me receive forgiveness: Write my story again, but this time, not as a victim, but as a hero. CONSIDER RATING YOUR WILLINGNESS TO LET GO of this resentment on a scale of 1-10, 1 = not at all willing and 10 = I have let it go.</p>	<p>IF THE RELATIONSHIP IS NOT DAMAGED, SKIP THIS COLUMN. IF THE RELATIONSHIP IS DAMAGED, PRIOR TO MAKING AMENDS FOR MY PART IN THIS SITUATION IN STEP 9, I MAY WANT TO CONSIDER WHAT I FEEL LED TO DO WITH THIS RELATIONSHIP IN THE MEANTIME. Questions to consider: 1. Is the person healthy for me to have a relationship with, or is that person toxic for me? 2. Is a period of reduced contact appropriate? 3. What do my sponsor and fellow travelers offer as experience, strength, and hope about what I've shared in regards to this relationship?</p>
<p>Today I will treat my body with gentleness and respect by listening to what my body needs and taking good physical care of myself. I will give my inner child the affection and attention she needs by acknowledging what I'm feeling and expressing it to safe people, and I will give both my inner child and my own children what they need by spending time doing something fun with my children.</p>	<p>1. I have sometimes pointed out the physical flaws in others. 2. I no longer feel resistance to forgiving because, now that I'm an adult and a parent, I understand more than I did as a child. 3. The best outcome I can imagine in regards to my relationship with my father would be mutual understanding and acceptance. 4. My forgiving him would free me from my inner corrosion. 5. I am more aware of how what I say to others might affect them. In my new story, the comment about my ears sticking out led me to be more consciencious about my grooming and physical appearance. On the scale from 1-10, I am at a 10 = I have let it go.</p>	<p>Prior to my Step 9 amend to my father, I began interacting with sober brothers in the SAA fellowship, which helped loosen and heal my fear and hatred of men, and helped soften my heart towards my father. 1. Is my father healthy for me to have a relationship with? A relationship requires willingness and emotional ability on both sides. I can release my father from the expectation of being or doing what he can't / won't, and just relate to him in whatever way he's capable of and comfortable with.</p>
<p>I went for a rigorous hike in the woods.</p>	<p>My friend pointed out that some people are motivated by that type of "encouragement." I realized that I used to try to motivate people by telling them they can do better. Now that I can see it from another perspective instead of the interpretation I was using, I choose to assume he meant no harm and did no wrong. 10 = I have let it go.</p>	<p>I will ask my Higher Power if I should do something like invite V to dinner or to the monthly game night.</p>