

| 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. | | | | | |
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| 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? | <p>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.</p> <p>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.</p> <p>It may be helpful to journal about the incident/situation in order to clarify what the specific resentment is.</p> | 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.) | <p>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)</p> | 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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