

## Resentment Inventory Column 4 Supplemental

### SELFISH

Not seeing others point of view problems or needs  
Wanting things my way, life needs to follow my script  
Wanting special treatment  
Wanting others to meet my needs, dependence  
Wanting what others have  
Wanting to control, dominate, be the director  
Wanting to be the best, thinking I'm better, grandiosity  
Thinking others are jealous  
Wanting others to think and behave like me  
Being miserly, possessive  
Wanting more than my share  
Reacting from self-loathing and self-righteousness  
Too concerned about me, my needs, and wants  
Not trying to be a friend  
Trying to control how people think of me (image management),  
wanting to look good or be liked

### DISHONEST

Not seeing or admitting where I was at fault, minimizing my own faults  
Having a superior attitude, thinking I'm better than others  
Blaming others for my problems, it's there fault I'm disturbed  
Not admitting, I've done the same thing  
Not expressing feelings or ideas  
Not being clear about motives  
Lying to myself and others, making up stories not based on facts (e.g. My serenity is dependent upon others or circumstances rather than on my relationship with my HP.)  
Cheating, stealing, not following rules or breaking the rules  
Hiding reality not facing facts  
Stubbornly holding on to inaccurate beliefs. I know better than God how life needs to be going and what should and shouldn't be happening  
Lying to myself  
Catastrophizing or exaggerating  
Minimalizing circumstances  
Setting myself up be "wronged"  
Expecting others to be what they are not; I know how they should be thinking and behaving  
Holding myself and others to unrealistic standards, being perfectionistic

### **SELF-SEEKING (acting out and acting in behaviors)**

Forcing my will upon others

Manipulating others to do my will

Putting others down internally or externally to build me up

Fault finding, demonizing, condemnation

Engaging in character assassination, gossip

Compare and despair, acting superior or inferior

Lusting after someone else's experience

Acting to fill a void within myself

Engaging in gluttony or lusting at the expense of another person.

Ignoring others' needs

Trying to control people's circumstances, thinking it's my job to change them

Getting revenge when I don't get what I want

Holding onto resentment or rage

Taking actions to make me feel good

Seeking myself in others

Getting my value from other people's treatment of me or opinions about me (dependency)

Seeking my security from others circumstances (dependency)

Avoidance, abdicating my responsibility for my attitude and response to events/circumstances/others

Withdrawing when I don't get what I want and holding my happiness "hostage" until my demands are met

Playing the victim, protector or savior

Avoidance, hiding

Submissiveness, meekness

Depressive, brooding

Negative fantasy, dissociation

Constantly being negative, pessimistic

Self-loathing, low self-esteem

Emotionally withdrawing, shutting down emotionally

Suppressing or withholding my emotions

Acting superior

Not sharing real thoughts, feelings, inauthenticity

Defensiveness, distrusting

Indecisiveness, noncommittal, allowing others to make decisions for you

Rigidity in thoughts, beliefs, and behaviors

Cold, callous

Self-sufficiency, not allowing others to care for me, rejecting help

Withholding sex, love, physical affection

Pushing people away

Not allowing people to get close, keeping others at a safe distance

Not maintaining relationships

**FRIGHTENED OF ...**

Peoples' opinions

Scarcity; not enough time, money, energy, love

Rejection, abandonment, loneliness

Physical injury, abuse

Not being able to control or change someone, circumstances.

My inferiority, inadequacy

Criticism

Expressing ideas or feelings

Getting trapped

Exposure, embarrassment

Being overwhelmed or powerless

Being taken advantage of, exploited

The future, impending doom

I won't ever feel better

I won't ever recover

That there really isn't a God that will care for me