

## Resentment Inventory (Part 1)

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1

I'm resentful at:

*Person, Principle, Institution*

2

The Cause

*Why am I angry, burned up?*

3

Affects my:

*Hurt or threatened instincts*

**Self-esteem** (*How I see or feel about myself, the role I've assigned myself*)

**Pride** (*How I think others see me or feel about me, the role I've assigned others*)

**Ambition** (*What I wanted to happen in this situation*)

**Pocket book** (*Affects my finances and material well-being*)

**Security** (*What I need here to be okay*)

**Personal Relations** (*My deep seated beliefs of how this relationship is supposed to look*)

**Sex Relations** (*My deep-seated beliefs of how men and/or women are supposed to be*)