

Resentment Inventory (Part 2)

Prayer

"God help me show _____ the same tolerance, pity, and patience that I would cheerfully grant a sick friend. This is a sick person. How can I be helpful to _____ ? God save me from being angry. Thy will be done."

"We avoid retaliation or argument."

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"Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes."

Where have I been selfish?

Where have I been dishonest?

Where have I been self-seeking?

Where have I been frightened?

5 (Power)

How can I set matters strait?

Identify assets to strive for i.e. humility, trust, intimacy, honesty, contentment, generosity, love, faith, courage, zeal, forgiveness, usefulness, patience, responsibility, compassion, patience, understanding, courage, tolerance, selflessness, confidence, self-worth