

Step 4

Resentment Inventory

[Be specific if and how each were effected]

I resent:	The I resent *** because	Affects my: self-esteem, pride, personal and sex relations, security, pocketbooks, our ambitions, (fear)	Where was I to blame? Selfish, dishonest, self-seeking and frightened

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Resentment Inventory Reference

[Be specific if and how each were effected]

<p style="text-align: center;">I resent:</p> <p>People – Parents, Spouse, Ex, Children, Abuser, Sponsor, Co-worker, Rude Driver, Friend, Myself, etc.</p> <p>Institutions – Authority, The Government, Society, Court System, School, Church, Marriage, etc.</p> <p>Principles – a particular set of beliefs, morals, ethics, attitudes</p>	<p style="text-align: center;">The I resent *** because</p> <p>Brief explanation or bullet points of everything about the person, institution, or principle that evokes any negative emotion.</p>	<p style="text-align: center;">Affects my: self-esteem, pride, personal and sex relations, security, pocketbooks, our ambitions, (fear)</p> <p>Pride – what I think other do or should think about me</p> <p>Self-esteem – what I think of myself</p> <p>Personal relations- the script I give to others ; the expectations of the way the other person behaves</p> <p>Sexual relations - the same as above, but pertaining specifically to sex</p> <p>Ambitions - my general overview of how I see myself and my life going</p> <p>Security – a direct effect to your needs being met.</p> <p>Finances – anything involving my money</p>	<p style="text-align: center;">Where was I to blame? Selfish, dishonest, self-seeking and frightened</p> <p>Selfishness – being concerned primarily with myself; thinking only of me</p> <p>Dishonesty – lying to myself about the nature of the situation; lying to others directly or indirectly withholding the truth</p> <p>Self-seeking - acting in your own personal interest</p> <p>Frightened –lacking faith</p>

Step 4

Fourth Column Examples

SELFISH	DISHONEST	Self Seeking	FRIGHTENED (OF)
<ul style="list-style-type: none"> • Not seeing others point of view, problems or needs • Wanting things my way • Wanting special treatment • Wanting others to meet my needs dependence • Wanting what others have • Wanting to control-dominance • Thinking I'm better-grandiosity • Wanting to be the best • Thinking others are jealous • Wanting others to be like me • Being miserly, possessive • Wanting more than my share • Reacting from self loathing, self righteousness • Too concerned about me • Not trying to be a friend • Wanting to look good or be liked • Concerned only with my needs 	<ul style="list-style-type: none"> • Not seeing or admitting where I was at fault • Having a superior attitude-thinking I'm better • Blaming others for my problems • Not admitting I've done the same thing • Not expressing feelings or ideas • Not being clear about motives • Lying, cheating, stealing • Hiding reality-not facing facts • Stubbornly holding on to inaccurate beliefs • Breaking rules • Lying to myself • Exaggerating, minimalizing • Setting myself up to be "wronged" • Expecting others to be what they are not • Being perfectionistic 	<ul style="list-style-type: none"> • Manipulating others to do my will • Putting others down internally or externally to build me up • Engaging in character assassination • Acting superior • Acting to fill a void • Engaging in gluttony or lusting at the expense of another person • Ignoring others' needs • Trying to control others • Getting revenge when I don't get what I want • Holding a resentment • Acting to make me feel good 	<ul style="list-style-type: none"> • Peoples' opinions • Rejection, abandonment • Loneliness • Physical injury, abuse • Not being able to control or change someone • My inferiority, inadequacy • Criticism • Expressing ideas or feelings • Getting trapped • Exposure, embarrassment

Step 4

Fear Inventory

My Fear:	Why do I have this fear?	How has my self-Reliance failed me with regard to this fear? How am I contributing to the fear?	We ask Him to remove our fear and direct our attention to what He would have us be:

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Fear Inventory

My Fear:	Why do I have this fear?	How has my self-Reliance failed me with regard to this fear? How am I contributing to the fear?	We ask Him to remove our fear and direct our attention to what He would have us be:

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Fear Inventory Reference

<p style="text-align: center;">My Fear:</p>	<p style="text-align: center;">Why do I have this fear?</p>	<p style="text-align: center;">How has my self-reliance failed me with regard to this fear? How am I contributing to the fear?</p>	<p style="text-align: center;">We ask Him to remove our fear and direct our attention to what He would have us be:</p>
<p style="text-align: center;">Remember to include the fears identified in the Resentment Inventory. Also consider the opposite of the fear</p> <p>Example: Fear of ending up alone</p>	<p style="text-align: center;">The justification you tell yourself for having the fear is usually another underlying fear, try to include all additional fears associated with this original fear in column one</p> <p style="text-align: center;">People leave, I'm hard to live with, not enough, unlovable</p>	<p style="text-align: center;">This includes considering if my own selfishness and self-centeredness, self-reliance, self-confidence, self-discipline, or self-will was involved; the behavior that is manifested; part of self that is affected (self-esteem, pride, emotional security, pocketbook, ambitions, personal and sex relations)</p> <p style="text-align: center;">I push people away before they get the chance to leave. Constantly testing people or trying to be controlling. Assuming I know best who belongs in my life not trusting that new people will ever come into my life.</p>	<p style="text-align: center;">Fear Prayer: "God, please remove my fear of _____ and direct my attention towards what you would have me to be."</p> <p style="text-align: center;">Loving to the people in my life, trusting of the process, kind to myself</p>

Step 4

Personal and Sex Relations Inventory

Name	Where have I been selfish, dishonest, inconsiderate?	Whom did I hurt?	Did I unjustifiably arouse jealousy, suspicion or bitterness?	Where was I at fault?	What should I have done instead?

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	<p><u>Selfishness</u>- being concerned primarily with myself; thinking only of me</p> <p><u>Dishonesty</u> – lying to myself about the nature of the situation; lying to others directly or indirectly withholding the truth inconsiderate</p> <p><u>Inconsiderate</u>- Thoughtlessly causing hurt of inconvenience to others</p>	<p>All persons who were harmed either directly or indirectly</p>	<p><u>Unjustifiably</u> – not having, done for, or marked by good or a legitimate reason</p> <p><u>Jealousy</u> – feeling or showing suspicion of someone’s unfaithfulness in a relationship</p> <p><u>Suspicion</u> – a cognition of mistrust in which a person doubts the honesty of another</p>		

Character Defects and Character Assets

Defect of Character

Selfish – being concerned primarily with one’s self
Self-seeking – acting in your own personal interest
Self-pity -excessive, self-absorbed unhappiness over one's own troubles
Self-centered - preoccupied with oneself and one's affairs.
Intolerant - unwillingness to accept views, beliefs, or behavior that differ from one's own
Impatient - having or showing a tendency to be quickly irritated or provoked
Greed - intense and selfish desire for something, especially wealth, power, or food
Gluttony - over-indulgence and over-consumption of food, drink, or wealth items, particularly as status symbols
Jealous - fiercely protective or vigilant of one's rights or possessions
Envy - a feeling of discontented or resentful longing aroused by someone else's possessions, qualities, or luck
Sloth - a failure to do things that one should do; reluctance to work or make an effort; laziness
Lust - uncontrolled or illicit sexual desire or appetite; lecherousness. a passionate or overmastering desire or craving
Arrogant - having or revealing an exaggerated sense of one's own importance or abilities
Dishonest- lack of honesty or integrity : disposition to defraud or deceive
Self-deceit – ploys used to hide the truth from ourselves usually in the form of denial, rationalization, exaggeration, minimization, suppression, self-justification, and blame shifting

Assets

Selfless - concerned more with the needs and wishes of others than with one's own
Altruistic - unselfish regard for or devotion to the welfare of others
charitable acts motivated purely by altruism
Self-esteem – confidence in one’s own worth or abilities; self-respect
Considerate - careful not to cause inconvenience or hurt to others
Accepting - tending to regard different types of people and ways of life with tolerance and acceptance
Patient - able to accept or tolerate delays, problems, or suffering without becoming annoyed or anxious
Generous – showing a readiness to give more of something, as money or time, than is strictly necessary or expected
Self-Control - the ability to control oneself, in particular one's emotions and desires or the expression of them in one's behavior, especially in difficult situations
Trusting – showing or tending to have a belief in a person's honesty or sincerity; not suspicious
Grateful - feeling or showing an appreciation of kindness; thankful
Assiduous - showing great care and perseverance
Humble – is awareness of one's relative insignificance
Modest - unassuming or moderate in the estimation of one's abilities or achievements
Self-effacing - not claiming attention for oneself; retiring and modest
Honest- free of deceit and untruthfulness; sincere
Present - having your focus, your attention, your thoughts and feelings all fixed on the present moment

Character Defects and Character Assets

Defect of Character

Assets

Step 10

I resent:	The cause:	Affects my: self-esteem, pride personal and sex relations, security, pocketbooks, our ambitions, (fear)	Where was I to blame? Selfish, dishonest, self-seeking and frightened
My fears		Why do I have these fears?	
Where have I been selfish, dishonest, inconsiderate?	Whom had I hurt?	Did I unjustifiably arouse jealousy, suspicion, or bitterness?	
Where was I at fault?		What should I have done instead?	

Call someone with a Fifth step. God Remove My Character Defects Of (Steps 6&7). Do I need to make amends? God, direct my thinking to what You would have me be.

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