Resentment Inventory

Column 1	Column 2	Column 3							Column 4					
I'm resentful at	Cause	What part of self was affected?							Where was I to blame?					
Name	Why am I angry?	Self Esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations	Selfish	Dishonest	Self seeking	Frightened	Inconsiderate	The exact nature of my wrong?
Jimmy the Nose	1. Jimmy lied to me about Tommy 2. He tripped me in front of the girls 3. He stole my twinkie	x	x				x		x	x	x	x		I was afraid of looking stupid about Tommy and in front of the girls. I didn't even care about the Twinkie. I stole it from the Vinnie.
Bill Wilson	He slept with my girlfriend	x	x	x		x	x	x	x	x	x	x		I was afraid that she would like him better then me and realize that I was a phony. He was actually a better match for her then me. I was just being self centered