

Resentment Inventory

From [resentments] stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry.

—*Alcoholics Anonymous*, p. 64

Begin your Resentment Inventory by listing the people, institutions, and principles (rules or expectations to live by) that you resent in the first column. Then, describe the reason for your resentment in the second column. If there is more than one reason for a resentment, list each reason separately. For each cause of resentment, note how you are affected in the third column. It might be that your self-esteem, security (including physical, emotional, or financial security), ambitions, or personal relationships are threatened. Finally, and most importantly, conclude the fourth column by noting *your part* in the resentment and/or how your actions have furthered the resentment. In this column we express how we have been selfish, dishonest, afraid, prideful, or in denial. Although we recognize that the circumstances around the resentment were not all our doing, we only focus on our own part in the fourth column.

Sample Resentment Inventory

I resent	Because	Affects my	My part
John Smith	He told my girlfriend about my addiction and dishonesty.	Self-esteem; relationships	I was dishonest and prioritized addiction over relationships.
John Smith	He took and sold a valuable item of mine.	Security (financial); ambitions	I did not pay my portion of rent; I've stolen from him.
John Smith	He has a better life than I do.	Self-esteem	My feelings toward him reflect my own lack of esteem; making comparisons; prideful.

My Resentment Inventory

I resent	Because	Affects my	My part