

# Resentment Inventory

I'm resentful at: (People, Institutions & Principals)	The cause	Affects my:	My wrongs- What Did I do?	Character defect:
		Self Esteem		Selfish
		Emotional Security		Dishonest
		Pocketbook		Self-seeking
		Ambitions		Frightened
		Personal Relations		Inconsiderate
		Sex Relations		Unrealistic
		Pride		
		Self Esteem		Selfish
		Emotional Security		Dishonest
		Pocketbook		Self-seeking
		Ambitions		Frightened
		Personal Relations		Inconsiderate
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		Pocketbook		Self-seeking
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		Sex Relations		Unrealistic
		Pride		

**Self Esteem** – How I think of myself

**Emotional Security** – General sense of well being

**Pocketbook** – Basic desire for money, property, possessions...

**Ambition** – Our goals, plans and designs for the future

**Personal Relations** – Our relations with other people

**Sex Relations** – Basic drive for sexual intimacy

**Pride** – How I think others see me

**Selfish** – “I want, what I want and I don’t care who doesn’t like it”

**Dishonest** – with myself or others. Intentionally lying or deceiving

**Self-seeking/Self-Centered** – Being so wrapped up in self that you forget that there even ARE other people.

(“I’m doing what I want to do and I never even considered how it would affect you”...)

**Frightened** – letting fear control your actions

**Inconsiderate** – failing to consider the needs, feelings and capabilities of others

**Unrealistic** – expecting things to be or happen in a way that is not just unlikely, but has no basis in reality