

RESENTMENT INVENTORY PROMPT SHEET

Here is a list of people, institutions and principles that may be helpful in your resentment inventory. Feel free to add to the lists if you need to.

<u>PEOPLE</u>	<u>INSTITUTIONS</u>	<u>PRINCIPLES</u>
Father (Step)	Marriage	God-Deity
Mother (Step)	Bible	Retribution
Sisters (Step)	Church	Ten Commandments
Brothers (Step)	Religion	Jesus Christ
Aunts	Races	Satan
Uncles	Law	Death
Cousins	Authority	Life After Death
Clergy	Government	Heaven
Police	Education System	Hell
Lawyers	Correctional System	Sin
Judges	Mental Health System	Adultery
Doctors	Philosophy	Golden Rule
Employer's	Nationality	Original Sin
Employee's		Seven Deadly Sins
Co-Workers		
In-Laws		
Husbands		
Wives		
Creditors		
Childhood Friends		
School Friends		
Teachers		
Life Long Friends		
Best Friends		
Acquaintances		
Girl Friends		
Boy Friends		
Parole Officers		
Probation Officers		
A.A. Friends		
C.A. Friends		
N.A. Friends		
U.S. Service Friends		

FEAR INVENTORY PROMPT SHEET

*Here is a list of fears that may be helpful in your fear inventory.
Feel free to add to the lists if you need to.*

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|--------------------------------|---------------------------|
| Fear Of God | Fear Of Drowning |
| Fear Of Dying | Fear Of Men |
| Fear Of Insanity | Fear Of Women |
| Fear Of Insecurity | Fear Of Being Alone |
| Fear Of Rejection | Fear Of People |
| Fear Of Loneliness | Fear Of Crying |
| Fear Of Disease's | Fear Of Poverty |
| Fear Of Alcohol | Fear Of Races |
| Fear Of Drugs | Fear Of The Unknown |
| Fear Of Relapse | Fear Of Abandonment |
| Fear Of Sex | Fear Of Intimacy |
| Fear Of Sin | Fear Of Disapproval |
| Fear Of Self-Expression | Fear Of Rejection |
| Fear Of Authority | Fear Of Confrontation |
| Fear Of Heights | Fear Of Sobriety |
| Fear Of Unemployment | Fear Of Hospitals |
| Fear Of Employment | Fear Of Responsibility |
| Fear Of Parents | Fear Of Feelings |
| Fear Of Losing A Wife | Fear Of Getting Old |
| Fear Of Losing A Husband | Fear Of Hurting Others |
| Fear Of Losing A Child | Fear Of Violence |
| Fear Of Animals | Fear Of Writing Inventory |
| Fear Of Insects | Fear Of Being Alive |
| Fear Of Police | Fear Of Government |
| Fear Of Jail | Fear Of Gangs |
| Fear Of Doctor's | Fear Of Gossip |
| Fear Of Stealing | Fear Of Wealthy People |
| Fear Of Creditors | Fear Of Guns |
| Fear Of Being Found Out | Fear Of Change |
| Fear Of Homosexuals & Lesbians | |
| Fear Of Failure | |
| Fear Of Success | |
| Fear Of Responsibility | |
| Fear Of Physical Pain | |
| Fear Of Fear | |

LIST OF CHARACTER ASSETS

Accepting	Optimistic
Agreeable	Organized
Analytical	Outgoing
Approving	Patient
Assertive	Peaceful
Attention-giving	Permissive
Attentive	Persistent
Bold	Playful
Careful	Polite
Cautious	Rational
Cheerful	Realistic
Concerned	Relaxed
Confident	Reliable
Considerate	Romantic
Content	Selfless
Controlled	Self-liking
Cooperative	Self-sufficient
Decisive	Sensitive
Dependable	Serene
Disciplined	Sociable
Extroverted	Social
Flexible	Specific
Forgiving	Spiritual
Free	Steady
Friendly	Straight-forward
Generous	Thoughtful
Gentle	Tolerant
Good Listener	Trusting
Giving	Trusting
Guilt-free	Unassuming
Helpful	Venturous
Honest	Warm
Humble	Willing
Industrious	Witty
Involved	
Kind	
Lawful	
Loving	
Moderate	
Modest	
Nice	
Open	
Open-minded	

LIST OF CHARACTER DEFECTS

Abrasiveness	Hate	Resentful
Aggression	Head-strong	Rudeness
Aloofness	Hostile	Rueful
Anger	Humorless	Sarcasm
Apathy	Immature	Secretive
Argumentativeness	Impatience	Self-centered
Arrogance	Impulsive	Self-condemnation
Attention-seeking	In-authenticity	Self-doubting
Bigotry	Inconsiderate	Self-hating
Belligerent	Inconsistent	Self-importance
Bitter	Indecisive	Selfishness
Bossy	Indulgent	Self-justification
Braggart	Inhibited	Self-pity
Careless	Insecure	Self-seeking
Cold-hearted	Insensitive	Short-temperedness
Complainer	Intolerant	Shyness
Compulsive	Irritable	Snobbery
Critical	Isolationism	Stinginess
Cruelty	Jealousy	Stubbornness
Deceitful	Laziness	Submissive
Defensiveness	Lust	Superficial
Denial	Lying	Thin-skinned
Dependent	Manipulative	Thoughtless
Depression	Materialism	Tight
Detached	Negative Thinking	Timid
Discrimination	Neglect	Uncritical
Dishonesty	Obsessed	Undependable
Disorganized	Opinionated	Undisciplined
Distant	Over-cautious	Unemotional
Distrustful	Overly-emotional	Unfriendly
Dominating	Passivity	Unrealistic
Dramatic	Perfectionism	Unromantic
Egocentric	Perversion	Unscrupulous
Enviousness	Pessimism	Unstable
Evasiveness	Preoccupation	Vague
Fear	Pride (to what degree?)	Vanity
Flightiness	Procrastination	Vindictive
Forgetfulness	Promiscuity	Vulgar
Gluttony	Prudish	White-knuckled
Gossiping	Quarrelsome	Withdrawn
Grandiose	Rageful	Workaholic
Greed	Rebellious	
Guilty Conscience	Reckless	