

I'm not robot!



**FOURTH STEP INVENTORY: RESENTMENTS**

1. Resentful At People, Places, Ideas, Institutions	2. The Cause What action was taken that makes me angry/hurt?	3. Affects My							4. Whose was I to blame? My Part?
		Self-Esteem	Pride	Pocket Book	Emotional Security	Ambitions	Personal Relations	Sex Relations	

Resentment Work Sheet									
Column 1 Resentments	Column 2 The Cause?	Column 3 - Affects My? (Seven Parts of Self) Check all That Apply!							Column 4 Where Was I to Blame
		Self-Esteem	Pride	Pocket Book	Emotional Security	Ambitions	Personal Relations	Sex Relations	

**My Daily (Step 10) Personal Inventory**

LIABILITIES to watch for! Check for each day	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1. Resentment							
2. Fake Walls, Assurances, Self-Justification							
3. Envy							
4. Jealousy, Distrust, Suspicion							
5. Dishonesty, Lies, Disagreements, Strife							
6. Selfishness, Self-Seeking, Self-Contempt							
7. Laziness, Sloth, Drowsiness							
8. Inconsideration, Indifference							
9. Lack of Ability							
10. Immoral Thinking, Vulgar Talk							
11. Hate, Wrath, Anger, Intimidation							
12. Cruel (harsh) or Outrageous (harsh)							
13. Slouch, Grumpy, Spreading Rumors							
14. Impatience							
15. Fear of...							
ASSETS to strive for! Check for each day	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
1. Forgiveness							
2. Humility							
3. Contentment							
4. Trust							
5. Honesty, Integrity							
6. Unselfishness							
7. Activity, Zeal, Promptness							
8. Tolerance, Acceptance							
9. Industry, Cheer							
10. Purity							
11. Love, Kindness							
12. Generosity							
13. Praise Others, Look For The Good In Others							
14. Patience							
15. Faith, Trust God							

**DAILY INVENTORY**

When we retire at night,  
we constructively review our day.  
Were we resentful, selfish, dishonest or afraid?

PERSONALITY CHARACTERISTICS OF SELF-WILL			PERSONALITY CHARACTERISTICS OF GOD'S WILL
SELFISH AND SELF SEEKING	<input type="checkbox"/>	<input type="checkbox"/>	INTEREST IN OTHERS
DISHONESTY	<input type="checkbox"/>	<input type="checkbox"/>	HONESTY
FRIGHTENED	<input type="checkbox"/>	<input type="checkbox"/>	COURAGE
INCONSIDERATE	<input type="checkbox"/>	<input type="checkbox"/>	CONSIDERATE
PRIDE	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY--SEEKING GOD'S WILL
GREEDY	<input type="checkbox"/>	<input type="checkbox"/>	GIVING OR SHARING
LUSTFUL	<input type="checkbox"/>	<input type="checkbox"/>	WHAT CAN WE DO FOR OTHERS
ANGER	<input type="checkbox"/>	<input type="checkbox"/>	CALM
ENVY	<input type="checkbox"/>	<input type="checkbox"/>	GRATEFUL
SLOTH	<input type="checkbox"/>	<input type="checkbox"/>	TAKE ACTION
GLUTTONY	<input type="checkbox"/>	<input type="checkbox"/>	MODERATION
IMPATIENT	<input type="checkbox"/>	<input type="checkbox"/>	PATIENCE
INTOLERANT	<input type="checkbox"/>	<input type="checkbox"/>	TOLERANCE
RESENTMENT	<input type="checkbox"/>	<input type="checkbox"/>	FORGIVENESS
HATE	<input type="checkbox"/>	<input type="checkbox"/>	LOVE--CONCERN FOR OTHERS
HARMFUL ACTS	<input type="checkbox"/>	<input type="checkbox"/>	GOOD DEEDS
SELF-PITY	<input type="checkbox"/>	<input type="checkbox"/>	SELF-FORGETFULNESS
SELF-JUSTIFICATION	<input type="checkbox"/>	<input type="checkbox"/>	HUMILITY--SEEK GOD'S WILL
SELF-IMPORTANCE	<input type="checkbox"/>	<input type="checkbox"/>	MODESTY
SELF-CONDEMNATION	<input type="checkbox"/>	<input type="checkbox"/>	SELF-FORGIVENESS
SUSPICION	<input type="checkbox"/>	<input type="checkbox"/>	TRUST
DOUBT	<input type="checkbox"/>	<input type="checkbox"/>	FAITH



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