

### Template of the Resentments Inventory Worksheet

|     | <b>1. The resentment</b><br>I am resentful towards (or at) ... | <b>2. The reason or cause</b><br>I am resentful because..., and it made me feel... | <b>3. My part</b><br>Was I... selfish, self-seeking, dishonest, frightened or inconsiderate in any way? | <b>4. Future action</b><br>I will... pray and meditate / think and make amends |
|-----|--|--|---|--|
| 1.  |  |  |   |  |
| 2.  |  |  |   |  |
| 3.  |  |  |   |  |
| 4.  |  |  |   |  |
| 5.  |  |  |   |  |
| 6.  |  |  |   |  |
| 7.  |  |  |   |  |
| 8.  |  |  |   |  |
| 9.  |  |  |   |  |
| 10. |  |  |   |  |
| 11. |  |  |   |  |