***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.*

*PEOPLE*

Father (Step)

Mother (Step)

Sisters (Step)

Brothers (Step)

Aunts

Uncles

Cousins

Clergy

Police

Lawyers

Judge

Doctors

Employers

Employees

Co-Workers

In-Laws

Husbands

Wives

Creditors

Childhood Friends

School Friends

Teachers

Lifelong Friends

Best Friends

Acquaintances

Girlfriends

Boyfriends

Parole Officers

Probation Officers

A.A. Friends

C.A. Friends

N.A. Friends

U.S. Service Friends

*INSTITUTIONS*

Marriage

Bible

Church

Religion

Races

Law

Authority

Government

Education System

Correctional System

Mental Health System

Philosophy

Nationality

*PRINCIPLES*

God-Deity

Retribution

Ten Commandments

Jesus Christ

Satan

Death

Life After Death

Heaven

Hell

Sin

Adultery

Golden Rule

Original Sin

Seven Deadly Sins

***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.*

Fear of God

Fear of Dying

Fear of Insanity

Fear of Insecurity

Fear of Rejection

Fear of Loneliness

Fear of Diseases

Fear of Alcohol

Fear of Drugs

Fear of Relapse

Fear of Sex

Fear of Sin

Fear of Self-Expression

Fear of Authority

Fear of Heights

Fear of Unemployment

Fear of Employment

Fear of Parents

Fear of Losing A Wife

Fear of Losing A Husband

Fear of Losing A Child

Fear of Animals

Fear of Insects

Fear of Police

Fear of Jail

Fear of Doctors

Fear of Stealing

Fear of Creditors

Fear of Being Found Out

Fear of Homosexuals & Lesbians

Fear of Failure

Fear of Success

Fear of Drowning

Fear of Men

Fear of Women

Fear of Being Alone

Fear of People

Fear of Crying

Fear of Poverty

Fear of Races

Fear of The Unknown

Fear of Abandonment

Fear of Intimacy

Fear of Disapproval

Fear of Rejection

Fear of Confrontation

Fear of Sobriety

Fear of Hospitals

Fear of Feelings

Fear of Getting Old

Fear of Hurting Others

Fear of Violence

Fear of Writing Inventory

Fear of Being Alive

Fear of Government

Fear of Gangs

Fear of Gossip

Fear of Wealthy People

Fear of Guns

Fear of Change

Fear of Responsibility

Fear of Physical Pain

Fear of Fear