

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 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 Diseases	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 Feelings
Fear of Parents	Fear of Getting Old
Fear of Losing A Wife	Fear of Hurting Others
Fear of Losing A Husband	Fear of Violence
Fear of Losing A Child	Fear of Writing Inventory
Fear of Animals	Fear of Being Alive
Fear of Insects	Fear of Government
Fear of Police	Fear of Gangs
Fear of Jail	Fear of Gossip
Fear of Doctors	Fear of Wealthy People
Fear of Stealing	Fear of Guns
Fear of Creditors	Fear of Change
Fear of Being Found Out	Fear of Responsibility
Fear of Homosexuals & Lesbians	Fear of Physical Pain
Fear of Failure	Fear of Fear
Fear of Success	