

## **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	