# RESENTMENT INVENTORY

Date: _____

| What People, Institutions or Principles am I angry about? | Why am I angry? | Does it affect my ambitions, self esteem, security, or relations? | Resentment Prayer * | | | | | | |
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* Resentment prayer: “God, help me to show _____ the same tolerance, patience, and pity that I would cheerfully grant a sick friend.”