

"ANGERS" INVENTORY PROMPT SHEET

"Being angry or bitter for an extended period of time over some real or imagined insult. A hostile or indignant attitude (displeased/bad tempered) in response to an alleged affront (insult) or personal injury."

Here is a list of people, institutions and principles that may be helpful in your resentment inventory. Feel free to add to the lists based on your own experiences.

PEOPLE

Father (Step)
 Mother (Step)
 Sisters (Step)
 Brothers (Step)
 Aunts
 Uncles
 Cousins
 Clergy
 Police
 Lawyers
 Judges
 Doctors
 Employer's
 Employee's
 Co-Workers
 In-Laws
 Husbands
 Wives
 Creditors
 Childhood Friends
 School Friends
 Teachers
 Life Long Friends
 Best Friends
 Acquaintances
 Girl Friends
 Boy Friends
 Parole Officers
 Probation Officers
 Friends in the Fellowship
 U.S. Service Friends
 Sponsors (Current or Past)
 Sponsees (Current of Past)
 Relatives
 "Happy Shiny People"
 Gays / Straights

INSTITUTIONS

Marriage
 Bible
 Church
 Religion
 Race(s)
 Law(s)
 Authority
 Government
 Government Agency (IRS)
 Society
 Education System
 Correctional System
 Mental Health System
 Philosophy
 Nationality
 Anonymous Fellowship
 Step Study Workshops
 Armed Services
 Rehabs
 Political Party

PRINCIPLES

God / Deity
 Retribution
 Ten Commandments
 Jesus Christ
 Religious Dogma
 Misc. Dogma
 Satan
 Death
 Life After Death
 Heaven / Hell
 Sin
 Adultery
 Fidelity
 Original Sin
 Seven Deadly Sins
 Homophobia
 The Steps/Traditions/Concepts
 Bigotry / Anti-Semitism

O L D S A Y I N G S

Just Say No

Respect ALL Authority Figures

Real Men Don't Cry

"The Golden Rule" (Do Onto Others...)

Never Strike Another Person

If He Hits You With A Stick - You Come Back With A Bat

"So our troubles, we think, are basically of our own making"(62:2)

All men are created equal

Boys Don't Like Girls Who Are Too Skinny/Heavy/Outspoken/Forward, etc.

Girls Who Have Pre-Marital Sex Are Sluts/Whores, etc

Sexual/Carnal Thoughts Make You A Bad/Sinful Person

Don't Put Off Until Tomorrow...