

"ANGERS" INVENTORY PROMPT SHEET

"The anger of David to his wife, which if he had not been a man of God, would have been a deadly mortal sin."

Here is a list of words, institutions and individuals that may be a part of your resentment inventory. Feel free to add to the lists based on your own experiences.

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

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

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
 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...