

RESENTMENTS

Here is a list of people, institutions and principles that may be helpful in getting started. Feel free to add to this list.

PEOPLE

Father
Mother
In-Laws
Boyfriends
Husbands
Girlfriends
Wives
Lovers
Brothers
Sisters
Cousins
Aunts
Uncles
Sponsors
Employers
Employees
Co-Workers
12-Step Friends
Acquaintances
Best Friends
Childhood Friends

Life-long Friends

School Friends

Teachers

Clergy

Creditors

Doctors

Judges

Lawyers

Parole Officers

Police

Probation Officers

INSTITUTIONS

Authority

Bible

Child Protection

Church

Correctional System

Education System

Government

Law

Marriage

Health/Mental Health System

Nationality

Philosophy

Races

Religion

Society

PRINCIPLES

Adultery

Death

God-Deity

Golden Rule

Heaven

Hell

Jesus Christ

Life After Death

Original Sin

Retribution

Satan

Seven Deadly Sins

Sin

Ten Commandments

LIST OF FEARS

. abandonment
aging
anger
authority figures
being alone
being deceived
being found out
being myself
change
compliments
confrontation
creditors
death
denial, my
disapproval
disease
divorce
embarrassment
employment
facing myself
failure
fear
feelings
financial insecurity

flying
fourth & fifth steps
future, the
getting fat or thin
God
going home
going out on a “whim”
having children
homelessness
homosexuality
honesty
humiliation
hurting others
I’m a fraud and others will find out
incarceration
intimacy
IRS, the
letting go
living
loneliness
losing hope
love
mediocrity
money

needing anyone
not being good enough
not being happy
not being liked
not being perfect
people (specify who)
police, the
poverty
procrastination
rape
rejection
relationships
resentments, my
responsibility
risks
saying that I can’t do something
sex
sponsor, my
success
unemployment
unknown, the
violence
work