

## **Inventory Process Instruction According to the Big Book**

1. We have to face and be rid of the things in ourselves which had been blocking us from God
2. We start a personal inventory
3. We take stock of our lives and search out the flaws in our make-up which caused our failure
4. Being convinced that self, manifested in various ways, defeated us we considered its common manifestation
5. The manifestations of ourselves are our wrongs
6. We inventory these manifestations
  - a. Resentment is wrong judgment
  - b. Fear is wrong belief
  - c. Harms are wrong actions
7. Resentments, fear, and harms done to others are our wrongs and separate us from God and are a result of a life run on self-will.

### **Resentment Inventory**

1. Resentment is to re-feel anger
2. It destroys us
3. All forms of spiritual disease stem from resentment
4. It causes spiritual disease because it separates us from God
5. We inventory them and see the truth about them and seek their removal from our mind so they no longer dominate us.
6. How do we do the inventory of resentment?

### **Resentment inventory instructions**

1. We list our resentments on paper
2. We list people with whom we are angry
3. We list institutions with whom we are angry
4. We list principles with whom we are angry
5. We list these things in the first column (see handout sheet) Leave three lines below each name in column one for the other columns
6. After we have completed the list of column 1 we start on column 2
7. We work down the page rather than across the page
8. Column 2 is why we were angry. Be concise. Write only 2-3 lines
9. Complete column 2 going down the pages after each resentment

### **Column 3 Instructions**

1. We take out the handout on the basic instincts of self which create self
2. We list those areas of self which were affected which caused us to be angry

3. Was it my self-esteem, my security, my ambitions, my personal or sex relations which had been interfered with? Look at the handout to help you on basic instincts of life which were threatened
4. We go down the page and complete column 3

### **Consideration of the First 3 Columns**

1. The world and its people were often wrong
2. Most of us could never see more than that
3. Life full of resentment is futile and unhappy
4. We squander our lives by allowing these resentments in our heads
5. Since our hope as alcoholics is to have conscious contact with God, these resentments will be fatal
6. Why does harboring resentments kill us? We are shut off from God - the sunlight of the spirit. Remember, we are powerless over alcohol. Only God has the power. So we are without God and only through his aid can we get the power to solve our problem (page 45)
7. So if we are shut off from God through living with a mind full of resentment it says we have the insanity of alcohol recur and we drink again
8. It says with us, to drink is to die
9. We have to be free of anger. Anger is poison to an alcoholic

### **Freedom From Resentment**

1. We now look at the list from a different angle
2. Our list holds the key to the future
3. We see that the world and its people dominated us
4. The wrong doing of others (our perceived wrong) has power over us and can kill us
5. How do we escape?
6. We realize people in Column 1 were perhaps spiritually ill also
7. Although we did not like what they did, they, like us, were sick
8. We pray to God to help show them tolerance, pity, and patience
9. We were inconsiderate. They were just being who they were and we have to be considerate of them. (we don't have to like them or approve of them but be considerate that this is just the way they are they are ill)
10. When offended by each one on the list we became angry
11. We now ask God to remove our anger for everyone in Column 1
12. We now ask God to show us how we can be helpful to everyone in Column 1
13. We pray over each name:  
 God, help me to show \_\_\_\_\_ tolerance, pity, and patience because they are ill like me.  
 God, \_\_\_\_\_ is a sick person. Show me how I can be helpful to them  
 God, save me from being angry at \_\_\_\_\_. Thy will be done
14. We replace anger with a kindly and tolerant attitude of each and every one on the list
15. If we stay angry we keep saying these prayers every day until it is gone

16. The resentments are now lessening and being replaced with an attitude of tolerance and patience
17. They are losing power over us but we are now going to see our role in them and it will help us forgive those in which we started the ball rolling

### **Our Role and the Exact Nature of Our Wrongs**

1. We now do the last 2 columns after we have prayed and forgiven everyone on our list
2. We refer now to our list
3. We have put out of our minds the wrongs others have done through prayer and the forgiving process
4. Now we resolutely looked for our own mistakes
5. Where had we been selfish?
6. Where had we been dishonest?
7. Where had we been self-seeking?
8. Where had we been inconsiderate?
9. Where had we been frightened?  
The difference with selfish and self-seeking: Selfish means "i want this for me even though it may keep you from having it". Self seeking is trying to put yourself up front in the limelight. Selfish is the opposite of generous.
10. Even if the person had acted wrong we try to disregard them entirely
11. Where were we to blame?
12. Remember the inventory is ours and our growth is based on the information in Columns 4 & 5
13. We see our faults
14. We list them
15. They are before us
16. We admit them honestly
17. We see what parts of our character have caused us to take action which caused us suffering and led to an unmanageable life
18. The exact nature of our wrongs are revealed to us so we can ask God to remove them in 6 & 7

### **Deep Seated Resentments**

1. Some resentments are so deep-seated they require special attention
2. Story "Freedom From Bondage" shows us how to get rid of these deep-seated resentments (p 551-552)
3. If you have a resentment you want to be free of if you will pray for the person or thing and your resentment will be free
4. Follow the instructions on p. 552
5. Look at those especially deep-seated resentments and look at what caused you to hold on to this resentment - what you were using it to justify not doing or to justify what you had done. See the power they have had in controlling your life.

We are now free of resentments, but remember, we continue to take personal inventory in step 10 and when resentments crop up, we ask God at once to remove them and practice what we have done in Step 4.

REVIEW OF RESENTMENTS

COLUMN 1

COLUMN 2

COLUMN 3

COLUMN 4

COLUMN 5

**I AM RESENTFUL AT:**

List people, institutions, or principles with whom I am angry

**THE CAUSE:**

I ask myself why I am angry, what did they do to me to cause the anger?

**AFFECTS MY:**

On my grudge list I set opposite each name my injuries. Was I, my self-esteem, my security, my ambitions, my personal or sex relations which had been interefered with?

**WHAT DID I DO?**

Putting out of mind the wrongs others have done, I resolutely look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so?

**WHERE HAD I BEEN:**

Selfish  
Dishonest  
Self-Seeking and frightened  
Inconsiderate?  
Which of the above character defects caused me to do what I did, or caused me to want to hold on to the old resentment, even though I may have done nothing to cause it?

**SOCIAL INSTINCT**

**COMPANIONSHIP** - Wanting to belong or to be accepted

**PRESTIGE** - Wanting to be recognized, or to be accepted as leader

**SELF-ESTEEM** - What we think of ourselves, high or low

**PRIDE** - An excessive and unjustified opinion of oneself, either positive (self-love) or negative (self-hate)

**PERSONAL RELATIONSHIPS** - Our relations with other human beings and the world around us.

**AMBITIONS** - Our plans to gain acceptance, power, recognition, prestige, etc.

**SECURITY INSTINCT**

**MATERIAL** - Wanting money, buildings, property, clothing, etc. in order to be secure in the future

**EMOTIONAL** - Based upon our needs for another person or persons. Some tend to dominate, some are overly dependent on others

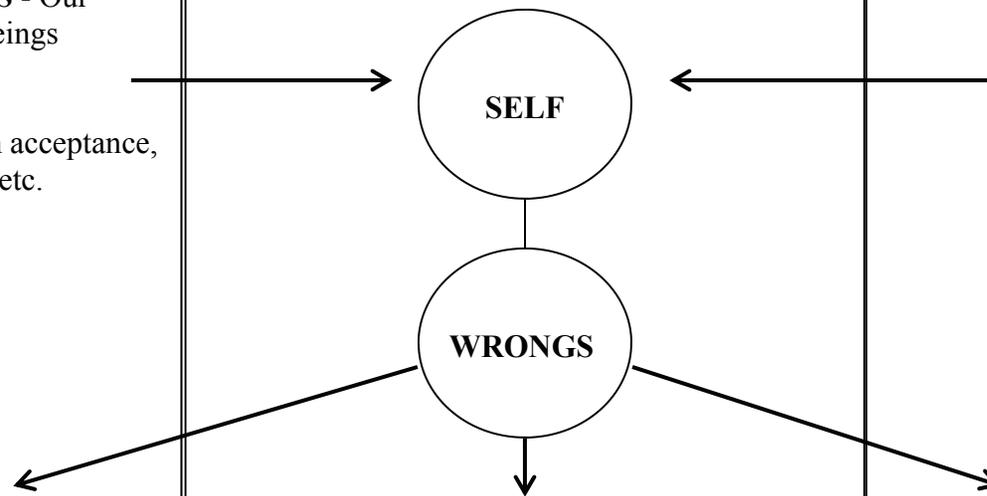
**AMBITIONS** - Our plans to gain material wealth, or to dominate, or to depend upon others

**SEX INSTINCT**

**ACCEPTABLE** - Our sex lives as accepted by Society, God's principles or our own principles

**HIDDEN** - Our sex lives that are contrary to either Society, God's principles or our own principles

**AMBITION** - Our plans regarding our sex lives either acceptable or hidden



**RESENTMENTS**

Feelings of bitter hurt or indignation which comes from rightly or wrongly held feelings of being injured or offended

**FEAR**

Feelings of anxiety, agitation, uneasiness, apprehension, etc.

**HARM OR HURTS**

Wrong acts which result in pain, hurt feelings, worry, financial loss, etc., for others and also self

## DAILY INVENTORY

When we retire at night we constructively review our day.

Were we resentful, selfish, dishonest, or afraid?

### PERSONALITY CHARACTERISTICS OF SELF-WILL

### PERSONALITY CHARACTERISTICS OF GOD'S WILL

SELFISH AND SELF-SEEKING



INTEREST IN OTHERS

DISHONESTY



HONESTY

FRIGHTENED



COURAGE

INCONSIDERATE



CONSIDERATE

PRIDE



HUMILITY - SEEKING GOD'S WILL

GREEDY



GIVING OR SHARING

LULSTFUL



WHAT CAN WE DO FOR OTHERS

ANGER



CALM

ENVY



GRATEFUL

SLOTH



TAKE ACTION

GLUTTONY



MODERATION

IMPATIENT



PATIENCE

INTOLERANT



TOLERANCE

RESENTMENT



FORGIVENESS

HATE



LOVE - CONCERN FOR OTHERS

HARMFUL ACTS



GOOD DEEDS

SELF PITY



SELF FORGIVENESS

SELF JUSTIFICATION



HUMILITY - SEEKING GOD'S WILL

SELF IMPORTANCE



MODESTY

SELF CONDEMNATION



SELF FORGIVENESS

SUSPICION



TRUST

DOUBT



FAITH