Step 4 Inventory Worksheet **PART A**

|  |  |  |
| --- | --- | --- |
| I’m resentful towards....  (person, place, situation, institution) | The cause  (what did they do?) | Affects my...  (Instincts for social, security, sex) |
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Step 4 Inventory Worksheet **PART B**

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| --- | --- | --- | --- | --- |
| I’m resentful at... | The cause | Affects my... | Where was I at fault? | What should I have done instead? |
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