

## "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  
 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...

**OLD SAYINGS**