

Remorse/Resentment at Self Inventory

“God, please help me, and direct me to what I need to see about how I blame myself for what has gone wrong in my life, and how that is blocking me from relying on you.”

First Column: Me

Second Column: Make a list on a separate page of the things that I am not happy about myself and my life that I caused. Prompts are, “Why can’t I _____” and “Why can’t I stop _____”. Also, any regrettable fact about my life that I caused, or I am causing.

Third Column: We take the analogy of the actor who wants to be the director, and we examine the roles that I am assigning to myself and others when I am caught up in this resentment at self. Write this from inside and connected to the experience of the resentment, try to connect to the experience in my body and with my spiritual being, do not rely on my intellect to find these truths. This is not an inventory of what I think the objective truth in the world is, this is an inventory of how I show up in this resentment in my life. This is a prayer exercise as much as it is a writing exercise, bring my connection and commitment to my third step to this activity. Inventory is an exercise to face and be rid of the things in myself that are blocking me from relying on God. Look through the second column lists as a prompt.

Remorse/Resentment at Self Inventory Third Column

Self Esteem: I should be I convince myself I am

Fear attached to this:

_____()
_____()
_____()
_____()
_____()
_____()
_____()

Pride: I try to convince others I am Others can see that I am

Fear attached to this:

_____()
_____()
_____()
_____()
_____()
_____()
_____()

Ambition: My life would work if I could be (or was not)

Fear attached to this:

_____()
_____()
_____()
_____()
_____()
_____()
_____()

Security: I need to see myself as to be okay. I need to to be okay.

Fear attached to this:

_____()
_____()
_____()
_____()
_____()
_____()
_____()

Personal Relations: If I was like a is supposed to be, I would

Fear attached to this:

_____()
_____()
_____()
_____()
_____()
_____()
_____()

Sex Relations: If I someone would really love me.

Fear attached to this:

_____()
_____()
_____()
_____()
_____()
_____()
_____()

Pocketbook: If I I would be successful.

Fear attached to this:

_____()
_____()
_____()
_____()
_____()
_____()

Realization: How am I using this resentment at myself, or this remorse, to play God? Look at each of the items on the 2nd column list and write what comes to you with these prompts (or create your own). How am I using this to create situations and circumstances in my life that I wrongly believe will keep me safe? Can I see that holding on to myself as the problem, and the answer to these things in my life, is me playing God? How is my resentment at myself and my remorse keeping this situation in my life? How am I holding on to this? What am I afraid of? How is my reacting to this fear causing the thing I am afraid of to happen? Use general declarative statements about what is true about how I am showing up in my life (details are okay if relevant, but this is not an exhaustive catalog of detailed actions, that is 4th column). Write this in free form statements like the 2nd column. Use statements like:

“I am playing God in this are of my life by ...”

“This is a perfect excuse to ...”

“I am trying to keep myself safe by ...”

“I think it is my job to ...”

“I am trying to find a way to ...”

“I believe if I can make myself be different, I will be able to ...”

“I believe if I am my life will have meaning.”

“I am trying to ...”

“I feel like if I try hard enough to ...”

“I am so afraid of ...”

“I am trying to keep myself from ...”

“I feel like risking ... is a bad idea”

“I can see I am holding on to this by ...”

“I end up feeling ...”

“I end up thinking ...”

“I see myself as ...”

“I ... to keep myself safe, but I end up”

Fourth Column: Read through the realization. Look all around the situations and circumstances this resentment at myself and my remorse is creating in my life. See how I have been mistaken. Pay attention to how I have been trying to play God and what I have been doing, thinking, deluding myself about, and being afraid of in furtherance of playing God with my resentment at myself and my remorse.

Remorse/Resentment at Self Inventory Fourth Column

Where am I mistaken? I believe ... but it is not true.

Self-Seeking: Actions I took to keep myself safe and manage my life.

Selfish: Thoughts/ideas/beliefs I thought would keep me safe.

Dishonest: Thoughts/ideas/beliefs where I am delusional. Where was I dishonest with myself/others.

Afraid: What I did in reaction to my fear.

Harm: Where have I caused harm in my effort to play God?
