

# THE PROCESS RESENTMENT AND ANGER PROMPT SHEET

RECOVERED

People I'm Angry & Resentful at			✓	Institutions	✓	Principles	✓	Additional Notes
Father (in-law)	Y	Creditors		Marriage		God		
Mother (in-laws)	Y	Debtors		Bible		Retribution		
Sisters		Childhood Friends		Church		Ten Commandments		
Brothers	Y	School Friends	Y	Religion		Jesus Christ		
Grand Mother		Teachers		Races		Allah		
In-laws (other)		Best Friends		Law		Satan		
Husbands		Acquaintances		Government		Life after death		
Wives	Y	Girl Friends		Correctional System		Hell		
Aunts		Boy Friends		Education System		Heaven		
Uncles		Parole Officer		Mental Heath System		Sin		
Cousins	Y	Probation Officer		Philosophy		Adultery		
Clergy		Gang Members		Nationality		Golden Rule		
Police		AA Friends		OTHERS		Seven Deadly Sins		
Lawyers		Services Friends				OTHERS		
Judges		Church Friends						
Doctors								
Employers								
Employees								
Co-Workers	Y							