

THE PROCESS | RESENTMENT AND ANGER PROMPT SHEET

People I'm Angry & Resentful at			✓	Institutions	✓	Principles	✓	Additional Notes
Father (in-law)		Creditors		Marriage		God		
Mother (in-laws)		Debtors		Bible		Retribution		
Sisters		Childhood Friends		Church		Ten Commandments		
Brothers		School Friends		Religion		Jesus Christ		
Grand Mother		Teachers		Races		Allah		
In-laws (other)		Best Friends		Law		Satan		
Husbands		Acquaintances		Government		Life after death		
Wives		Girl Friends		Correctional System		Hell		
Aunts		Boy Friends		Education System		Heaven		
Uncles		Parole Officer		Mental Health System		Sin		
Cousins		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								