

Lois Thomson-Bowersock & Associates, LLC

1733 Woodstead Court, Suite 101

The Woodlands, Texas 77380

Phone: (281) 419-5255 Fax: (281) 419-5251



Resentment Inventory

I Resent: _____

Causes	Affects My	What I Do/Did to Cause It or Make It Worse	What I Want	What I Need	Plan of Action
	Self-esteem, pride, relationships, finances, emotional security, sexual relations, ambitions, family, safety, etc.	Selfish. Dishonest, fearful, inconsiderate, manipulative, etc.	I Want	I Need	I Will
