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**Sober Tools - Resentment Analyzer Profile (Continued)**

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**~ Task 2 ~**

*Describe how long you have had this particular resentment and what other wrongs that you have endured that you suspect would be similar to it:*

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**~ Task 3 ~**

*Focus back on the time when the wrong that gave rise to the resentment occurred and make a list of all the costs you endured within the first month of the wrong:*

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**Sober Tools - Resentment Analyzer Profile (Continued)**

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**~ Task 4 ~**

*Describe how you coped with the losses that you incurred from the wrong since it occurred:*

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**~ Task 5 ~**

*Make a list of all the consequences you have suffered because of the way that you have coped with the wrong since it first occurred:*

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**Sober Tools - Resentment Analyzer Profile (Continued)**

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**~ Task 6 ~**

*Study your writing and tally up the cost. Make one statement to describe which cost you more - the original wrong or the consequences for the way that you have coped with it:*

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**~ Task 7 ~**

*Share you writing with a trusted member of your support system or your therapist and get a second opinion about your tally:*

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