Sober Tools - Resentment Analyzer Profile

The original addiction recovery text, *Alcoholics Anonymous*, is pretty clear about the need to search out the "flaws in our make-up which caused our failure …" especially resentment because it is the "number one offender" that "destroys more alcoholics than anything else". The energy we put into analyzing and being free of resentment will be rewarded back to us many times over.

- Task 1: Describe, in detail, a resentment that is currently troubling you. Begin by telling who did what to whom or what happened to whom and what you perceived the injury to be at the time of the occurrence.
- 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.
- 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.
- Task 4: Describe how you coped with the losses that you incurred from the wrong since it occurred.
- 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.
- 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.
- 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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Sober Tools - Resentment Analyzer Profile (Continued)
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