



CHARGE YOUR RECOVERY!

Resentment Inventory

For Type 8s, resentment often stems from feeling betrayed, disrespected, or controlled. They may resent people who try to limit their freedom or authority, or those they perceive as being manipulative or disloyal. Their resentment is fueled by their need to protect themselves and maintain control over their environment.

Questions to Reflect On:

1. Who do I resent for betraying my trust or challenging my authority?
2. Where do I feel resentment toward others for being weak or indecisive?
3. How do I react when I feel controlled or disrespected?
4. Where have I avoided vulnerability, leading to unresolved resentment?

Create your own Resentment Inventory: You can use some of these examples.

Who/What I Resent	Why I Resent Them	How It Affects Me (Self-Esteem, Pride, Relationships)	My Part in It
My partner	They questioned my decisions, making me feel disrespected.	I feel angry and distant from them.	I didn't express my feelings calmly and respectfully.
My boss	They micromanage my work, which feels controlling.	I feel defensive and resentful.	I didn't address the issue constructively or set boundaries.
A friend	They shared something I told them in confidence.	I feel betrayed and unwilling to trust them again.	I didn't clearly communicate my expectations about confidentiality.
My parent	They didn't protect me when I needed them growing up.	I feel angry and mistrustful of authority figures.	I hold onto past grievances instead of seeking resolution.
A coworker	They failed to support me during a critical project.	I feel let down and question their reliability.	I didn't clearly communicate my needs for support.
A sibling	They often dismiss my opinions in family discussions.	I feel hurt and defensive.	I didn't assert my opinions respectfully.

Resentment Launch Questions
Assigned 3/30, Shared 4/6

MY Resentment List
Assigned 4/6, Shared 4/13

Fear Inventory

Type 8s fear being powerless, controlled, or at the mercy of others. This fear drives their need to assert control and avoid vulnerability at all costs. They must face the fear that letting down their guard doesn't equate to weakness but opens the door to connection and growth.

Questions to Reflect On:

1. What fears about being controlled or betrayed dominate my thoughts and actions?
2. How does my fear of vulnerability affect my relationships and decisions?
3. Where do I avoid asking for help because of my fear of appearing weak?
4. How does my need to stay in control lead me to resist authority or collaboration?

Create your own Fear Inventory: You can use some of these examples.

Fear	Why I Have It	How It Affects Me	How It Affects Others	What Would GOD Have Me Be
Fear of betrayal	I believe trusting others makes me vulnerable to harm.	I avoid intimacy and hold people at a distance.	Others feel shut out and untrusted.	Open to trusting God and others while setting boundaries.
Fear of losing control	I think I must be in charge to feel safe.	I become overly controlling, leading to stress.	Others feel stifled or resentful.	Trusting God to guide me and letting go of control.
Fear of appearing weak	I fear that vulnerability will make me a target.	I suppress emotions, which causes internal tension.	Others feel disconnected from me.	Confident in showing emotions and trusting God's strength.
Fear of being dominated	I worry that others will take advantage of me.	I resist authority or collaboration, creating conflict.	Others feel I'm uncooperative or combative.	Willing to collaborate and trust in God's protection.
Fear of failure	I equate failure with losing respect or authority.	I avoid taking risks, which limits my growth.	Others feel I'm overly focused on control rather than progress.	Willing to fail and trust God's guidance.
Fear of dependence	I fear relying on others will make me vulnerable.	I overwork myself and avoid delegating.	Others feel I don't trust them or their abilities.	Secure in asking for help.

Fears Launch Questions
Assigned 4/13, Shared 4/20

MY Fears List
Assigned 4/20, Shared 4/27

Harms Launch Questions
Assigned 4/27, Shared 5/4

Harms Inventory

Type 8s may inadvertently harm others by being overly controlling, reactive, or resistant to vulnerability. Their strong will and intensity, while protective in nature, can sometimes push people away or create unnecessary conflict.

Questions to Reflect On:

1. How have I harmed others by trying to control situations or relationships?
2. Where have I avoided vulnerability, leaving others feeling distant or unimportant?
3. How has my fear of betrayal caused harm in my relationships?
4. Where have I used anger or intensity to protect myself, rather than seeking resolution?

Create your own Harms Inventory: You can use some of these examples.

Who I Harmed	What I Did	How I Harmed Them (or Myself)	What I Should Have Done Instead
My partner	Reacted with anger when I felt disrespected.	Created fear and distance in our relationship.	Expressed my feelings calmly and listened to theirs.
A coworker	Micromanaged their work, doubting their abilities.	Hurt their confidence and damaged trust.	Delegated with trust and provided support as needed.
My parent	Avoided showing vulnerability, even when I needed help.	Created emotional distance and unresolved pain.	Shared my feelings and allowed them to support me.
A friend	Pushed them away when I felt they let me down.	Harmed our friendship and left unresolved issues.	Communicated my feelings openly instead of withdrawing.
My sibling	Dismissed their opinions to assert my authority.	Hurt their feelings and created resentment.	Respected their input and sought common ground.

MY Harms List
Assigned 5/4, Shared 5/11

Step 4
Orientation:
1)Launch Questions
then
2)MY List