

It is the pain associated with this “**fact-finding and . . . fact-facing process**” that must be relieved as quickly as possible. Once the newcomer develops confidence and conviction that this course of action will reduce the “**terror, bewilderment, frustration, (and) despair**” associated with living on self-will, he or she will be much more inclined to do additional inventories in the future.

Next, the sponsor or sharing partner asks the newcomer to describe the reasons why he or she is angry and where he or she is at fault. If they both agree that the newcomer needs to make an amends, the sponsor circles the applicable name to the right of **RESENTMENT**.

After the sponsor or sharing partner has compiled the resentment list, he or she moves on to the fear inventory by asking, “Who or what are you afraid of? Let’s start with those items for which there is no resentment.” After jotting down any names to the right of the word, **FEAR**, the sponsor or sharing partner asks, “Let’s revisit your resentment list. Are there any situations where there is both fear and resentment?”

Then the newcomer describes the events surrounding each fearful episode. Once again, the sponsor or sharing partner asks the newcomer to look at “**where were (you) to blame.**” If they both agree that the newcomer needs to make an amends, the sponsor circles the relevant name to the right of **FEAR**.

After compiling the **RESENTMENT** and **FEAR** checklists, the sponsor or sharing partner asks the newcomer to consider the remaining items on the liabilities side of the sheet. He or she asks, “Toward whom have you been **SELFISH?**” “Where