

# Step Four: Resentments Column 3 Worksheet

<b>Column 1</b> When I resented:	<b>Column 2</b> for:
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***Set Aside prayer:***

**Column 3: When this happened did it hurt, threaten or interfere with my:**

		What is my fear?
<b>1. Self Esteem</b> What is my deep <u>belief</u> about who I am?	I am:	
<b>2. Pride:</b> How do I want other people to see me being treated? Put myself on stage with the other person; imagine a relevant audience watching	Others should see _____ treating me as:	
<b>3. Ambition</b> What do I want to happen?	I want:	
<b>4. Security</b> What do I need in order to be OK?	I need:	
	Why?	
<b>5. Personal Relations</b> How do I expect this relationship to be? Consider roles: "I expect mothers/fathers/friends/partners should..."	I expect:	
<b>6. Gender Relations</b> What is my belief about men vs. women?	A real/ideal/model woman should always (or is):	
	A real/ideal/model man should always (or is):	
<b>7. Pocketbook</b> What is the affected value? Consider: financial, emotional, material security; well-being etc.	Nothing should interfere with, affect or lessen my:	

*(Reproduce multiple copies as needed)*

# Step Four: Resentments Column 4 Worksheet

	Column 1:	Column 2:
<b><i>Set Aside prayer:</i></b>		
<b>Column 4:</b> <b>MY PERCEIVED ROLE</b> - like an actor in a play e.g. betrayed spouse, abused child, misunderstood person, abandoned parent, rejected friend, ignored citizen etc.	I believe I am the:	
	Is the event true or false?/Did it really happen?	
<i>Disregarding the other person/entity involved entirely, consider before/during/after the event that was/is the occasion for this resentment:</i> <b>Where was I ... at the time of the actual event (THEN), or Where am I ... at the present time (NOW)</b>		
<b>1. Self-Seeking Behavior:</b> WHAT I DO – when I feel this resentment.		
<b>2. Selfish Thinking:</b> Self-centred thoughts/motives/attitudes – when I feel this resentment.		
<b>3. Delusional or Dishonest:</b> How am I misrepresenting myself or reality; lying, or omitting or deluding – when I feel this resentment?		
<b>4. Afraid:</b> Fear of not getting what I want or losing what I have. What fear comes up when I think about this resentment?		
<b>5. Responsible:</b> Where am I wrong, at fault/to blame or responsible for my feelings and behaviours when I feel this resentment?	Then – my contribution to the original event?	
	Now – my current reaction to the person/event?	
<b>6. What harm did I cause this person?</b> What is the actual negative impact of my actions on: (Pick only those that apply)	Physical (body):	Mental (mind):
	Emotional (feelings):	Spiritual (relationship w/God):
	Financial (money/time):	Other:
<b>7. What harm did I cause others?</b> Specify negative impact.		
<b>8. List any additional FEARS</b> I've become aware of (not already listed)		
<b>9. List the Character Defect(s).</b>		
<b>10. Why do I hold on to this resentment?</b> Benefits/values to me?		
<b>MY REAL ROLE</b> in holding on to these negative feelings: it may be the direct opposite of my perceived role above.	I now realize I am the:	