

Assignment 14 – Beliefs? Story? Column 3

1. LISTEN to PODCAST 2020:
29. Step 4 - Column 2 [CLICK HERE](#)
2. Now look at each name on your list and ask “why you are angry?” (Column 2). Use the table on page 26 ([BBW - WOL](#)). Using the names from your column 1 above, now write in why you are angry. Note: no more than three examples each. Keep it brief and simple. See the example below (we will review this together next week):

Use BB page 65 as a model.

Person 1:

- A. She is bullying me at work
- B. She doesn't deserve her job
- C. She is the reason I had to quit

3. Print out a supply of the Step Four Column 3 & 4 worksheets, from the "Way of Life" ([BBW-WOL](#)) document on p 25/26.
4. Complete one Column 3 worksheet for next week. There is a worked example in the Appendix (page 59).

Extension:

1. Listen/Watch: Step 4 - Col 3: Self Esteem and Pride (1/4) [CLICK HERE](#)
Step 4 - Column 3 (2/4) & Deep Resentment [CLICK HERE](#)