

Step Four: Resentments Column 3 Worksheet

	<u>Column 1</u>	<u>Column 2</u>
Column 3: When this happened did it hurt, threaten, or interfere with my:		
1. Self Esteem What is my deep <u>belief</u> about who I am?		
2. Pride: How do I want other people to see me being treated? Put myself on stage with the other person; imagine a relevant audience watching		
3. Ambition What do I want to happen?		
4. Security What do I need in order to be OK?	Why? <i>"FOR ME TO BE OK."</i>	
5. Personal Relations How do I expect this relationship to be? Consider roles: "I expect mothers/fathers/friends/partners should..."		
6. Gender Relations <i>What is my belief about men vs. women?</i>		
7. Pocketbook What is impacted by this resentment? e.g Financial security, emotional security, material security; well-being etc.		

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Column 1:	Column 2:
Column 4: MY PERCEIVED ROLE - like an actor in a play e.g. betrayed spouse, abused child, misunderstood person, abandoned parent, rejected friend, ignored citizen etc.	
	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: Where was I ... at the time of the actual event (THEN), or Where am I ... at the present time (NOW)</i>	
1. Self-Seeking Behavior: "DOING" WHAT I DO – when I feel this resentment.	
2. Selfish Thinking: "THINKING" Self-centred thoughts/motives/attitudes – when I feel this resentment.	
3. Delusional or Dishonest: How am I misrepresenting myself or reality; lying, or omitting or deluding – when I feel this resentment?	
4. Afraid: Fear of not getting what I want or losing what I have. What fear comes up when I think about this resentment?	
5. Responsible: Where am I wrong, at fault/to blame or responsible for my feelings and behaviors when I feel this resentment?	
6. What harm did I cause this person? What is the actual negative impact of my actions (Pick only those that apply)	
7. What harm did I cause others? Specify negative impact.	
8. List any additional FEARS I've become aware of (not already listed)	
9. List the Character Defect(s).	
10. Why do I hold on to this resentment? Benefits/values to me?	
MY REAL ROLE - in holding on to these negative feelings: it may be the direct opposite of my perceived role above.	