

Step 4: Extended Column Work – Column 3

	Column 1 When I resented:	Column 2 for:
Set - Aside Prayer:		
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?	I am:	What is my fear?
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	Others should see _____ treating me as:	I fear that others will see:
3. Ambition What do I want to happen?	I want:	Fear:
4. Security What do I need in order to be OK?	I need:	Fear:
	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..."	I expect:	Fear:
6. Gender Relations What is my belief about men vs. women?	A real/ideal/model woman should always (or is):	Fear:
	A real/ideal/model man should always (or is):	Fear:
7. Pocketbook What is impacted by this resentment? e.g Financial security, emotional security, material security, well-being etc.	Nothing should interfere with, affect, or lessen my:	Fear:

Step 4: Extended Column Work – Column 4

	Column 1:	Column 2:
Set Aside prayer:		
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.	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> Where was I ... at the time of the actual event (THEN), or Where am I ... at the present time (NOW)		
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?	Then – my contribution to the original event?	
	Now – my current reaction to the person/event?	
6. What harm did I cause this person? 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:
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.	I now realize I am the:	