

I am resentful towards _____ Cause _____

AFFECTS MY

SELF ESTEEM (FEAR) (How I see myself or how I feel about myself)

PRIDE (How I think others see me or how I think others feel about me)

AMBITION (what I want in the big picture from this person/institution/principal. What was my motive?)

PERSONAL RELATIONSHIP (How this person should see me, feel about me, should treat me. Ex: see me as kind lovable likeable etc)
Sometimes resentment against one person affect the relationship with another ex resentment towards husband makes relationship with wife uncomfortable. Or boss and secretary)

PERSONAL SECURITY (How this person makes me feel unsafe either physically, emotionally or spiritually)

SEX RELATIONS (This person that I have been involved w/ sexually or if resentment affects how I feel about myself sexually ex anger at x makes it hard to go home and be romantic w/ spouse)

POCKETBOOK (Does this person affect my finances in any way or has my ability to make \$ been affected or did this person make me feel not worthy & therefore affected the way I make my living Ex under earner, stuck

TURN AROUND---LOOKING AT MY PART—WHICH IS THE ONLY WAY TO FREEDOM FROM THIS RESENTMENT

1) SELFISH What did I want from this person/institution/principal and why did I want it?

2 SELF SEEKING -- What behavior did I do to get what I wanted (*ex Manipulated, whined, gossiped, people-pleased, ate, angry, withdrew etc*)

3) Dishonest Where was I dishonest?
A) Direct lie DL

B) Lie of Omission LIO Say What I mean, Mean what I say and Don't say it in a mean way

C) Lie I told Myself LITM

4) Fear What was I afraid of? (*Ex Lost of opinion of others, of not getting what I want, lost of relationship, financial insecurity (Be specific)*)