

Step Four Resentment Worksheet - Columns 1, 2, & Expanded Column 3 (page 1 of 2)

The key to this analysis is being clear on SELF-ESTEEM. All else flows from this concept. If you find this confusing (that is, the effort to define how SELF-ESTEEM was affected), go to PRIDE. When you define how you want others to see you, it will give you a clue as to how you see yourself. Then go back and define SELF-ESTEEM. For example, if in PRIDE you say you want others to see you as a superior person, then perhaps you really do believe you ARE a superior person. This "self-esteem" is not who you want to be, or have been told you are. It is who you really believe you are. Also, start by writing a personal prayer and saying it each time you begin writing. (Example – "God please help me with this, show me what I need to know. Please protect me, Your will not mine be done. Thank You.") _____

ASK YOURSELF: When I resented _____ (Column 1) for _____ (Column 2) did it hurt, threaten, or interfere with my:

SELF-ESTEEM: (my deep down belief about who I am)

I am _____

WHAT IS MY FEAR?

(may be the opposite of my belief)

[_____]

PRIDE: (how I want other people to see me being treated by [Column 1 name] _____)

Others should see (Column 1 name) _____ treating me as _____

[_____]

AMBITION: (what did/do I want?)

I want _____

[_____]

SECURITY: emotional or financial security (what do I need?)

I need _____

[_____]

PERSONAL RELATIONS: (how should family, friends or colleagues, see or treat me?)

Family, friends or colleagues should always _____

[_____]

SEX RELATIONS: (GENDER: what is my belief about men and women?)

Real men should always or real men are _____

[_____]

Real women should always or real women are _____

[_____]

POCKETBOOK: (what is the affected value? For example: money, possessions, etc.)

No one should do anything that interferes with, affects or diminishes my _____

[_____]

Step Four Resentment Worksheet - Column 4 (page 2 of 2)

Please start by writing a personal prayer and saying it each time you begin writing. (Example – “God please help me with this, show me what I need to know. Please protect me, Your will not mine be done. Thank You.”) _____

When I resented _____ (Column 1) for _____ (Column 2), I had this belief about my role from Column 3:

MY ROLE: (like an actor in a play, for example: “superior person”, “betrayed spouse”, “lovable child”, etc.) _____

IS THE EVENT TRUE OR FALSE? (did it really happen or did I make an assumption?) _____

Consider before, during and after the resentment and write one sentence answering the question:

WHERE WAS I...(at the time of the actual event), or **WHERE AM I...**(at the present time)

1) **SELFISH?** (thinking about myself) _____

2) **SELF-SEEKING?** (acting on my behalf) _____

3) **DISHONEST?** (misrepresenting myself; lying by commission or omission) _____

4) **AFRAID?** (fear of not getting what I want; or fear of losing what I have) _____

5) **WHERE WAS I TO BLAME/RESPONSIBLE? WHAT WERE MY MISTAKES** (then and/or now)? _____

6) **WHAT HARM DID I CAUSE TO THIS PERSON?** (how did I diminish this person?)

a) **PHYSICAL** (body): _____

b) **MENTAL** (mind): _____

c) **EMOTIONAL** (feelings): _____

d) **SPIRITUAL:** _____

e) **FINANCIAL:** _____

7) What **HARM** did I cause to other people, in and around this relationship? (write name and specific harm) _____

8) List any other **FEARS** that you become aware of: _____

9) List the **CHARACTER DEFECT(S)** that were revealed: _____

MY REAL ROLE (now in the light of the Column 4 information – usually opposite of “**MY ROLE**” at top) _____