

**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)*)