REVIEW OF RESENTMENTS

I'm resentful at:

The Cause:

Affects my:

My Part in this: Resentment

#1 I'm resentful at:	#2 The Cause:	#3 Affects My:								#4 My Part in This									
NOTE: You can use a broader definition of Resentment to include - Disappointed with, Frustrated with, Felt Misunderstood by, Felt Neglected or Rejected by, Expectations unfulfilled, Jealousies, etc. Focus on "WHAT BOTHERS ME FROM THE PAST" - events that did not go your way. With People, Institutions or Situations. Do NOT dismiss an entry because today you accept or forgive them.	Be specific about The Cause. Specifically about what happened, the event, the treatment that happened to you. Do not say that the person/institution or situation "caused" you to feel angry - or any emotion. Just recall THE EVENT as it happened in the Past. Please list MULTIPLE CAUSES/EVENTS for the person, institution, situation in Column One. THIS IS AN INVENTORY! RECORD AS MANY EVENTS AS YOU CAN!	Pride - Who I am or Want to be	Relationships - Ability to be around others	Material Security - Loss of focus, insecure, or ability to advance.	Emotional Security - Loss of confidence, self esteem, clarity	Healthy Sex - Not focused on or attractive to spouse.	Unhealthy Sex, escape by acting out, seeking outside connection.	Social Ambitions - avoid others, going into my shell, not pleasant to be around		Selfishness - Not getting what I want	Dishonesty - Don't see the Whole picture	Self-Seeking - Want to be center of attention	Need to Control,	Scared of Loss,	Inconsiderate - Don't care about others				
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REVIEW OF RESENTMENTS

I'm resentful at: The Cause: Affects my: My Part in this: Resentment

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