

REVIEW OF RESENTMENTS

COLUMN 1

COLUMN 2

COLUMN 3

COLUMN 4

COLUMN 5

I AM RESENTFUL AT:

I list people, institutions, or principles with whom I am angry

THE CAUSE:

I ask myself why I am angry, what did they do to me to cause the anger?

AFFECTS MY:

On my grudge list I set opposite each name my injuries. Was I, my self-esteem, my security, my ambitions, my personal or sex relations which had been interfered with?

WHAT DID I DO:

Putting out of mind the wrongs others have done, I resolutely look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so?

WHERE HAD I BEEN:

Selfish
Dishonest
Self-Seeking and frightened
Inconsiderate
Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old fear, even though I may have done nothing to cause it?

