

4th STEP - RESENTMENT WORKSHEET

1. NAME		RELATIONSHIP
2. WHY DO I RESENT THEM?		3. AFFECTS MY:
		Ambition <input type="checkbox"/> Fear <input type="checkbox"/> Pride <input type="checkbox"/> Health <input type="checkbox"/> Financial security <input type="checkbox"/> Physical security <input type="checkbox"/> Self-esteem <input type="checkbox"/> Sex relations <input type="checkbox"/> Personal relations <input type="checkbox"/> Sense of justice <input type="checkbox"/>
4. WHAT'S MY PART? (How was I...)		
...SELFISH? What did I WANT from the person or situation? What EXPECTATIONS, reasonable or not, did I bring to this situation?		
...DISHONEST? Did I lie? What false premises enabled the resentment to develop?		
...SELF-SEEKING? How did I pursue my selfish desires? How did I act out when my ego was hurt? What harm did I cause, and what bad behavior did I engage in?		
...FEARFUL? What fears underlie the resentment?		

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4th STEP - SEX INVENTORY

NAME	RELATIONSHIP
How was I SELFISH? (What did I want from the person or situation?)	
How was I DISHONEST?	
Did I arouse JEALOUSY, SUSPICION, or BITTERNESS? (If so, how?)	
What HARM did I cause? What did I do WRONG?	

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What HARM did I cause? What did I do WRONG?	