

Step Four: Resentment Worksheet, Column Four

Before you begin the worksheet, write and pray a personal version of the Set Aside Prayer:

Column Four – MOTIVES?

Set Aside Prayer

CONSIDER: When I resent _____ (Column One)
for _____ (Column Two),

I have a belief about my role- how I believe I am affected - from the Column Three analysis:

My PERCEIVED role like an actor in a play = e.g., misunderstood person, betrayed spouse, abused child, etc.:

When feeling this resentment I believe I am _____

Is the event true or false? Did it really happen? _____

Disregarding the other person/ entity involved entirely, consider before/during/after the event that was/is the occasion for this resentment.

1. **Self-seeking:** Acting on my own behalf-self-entered behavior/ actions- when I feel this resentment?

2. **Selfish:** Thinking about myself- self-centered thoughts/motives/ attitudes- when I feel this resentment?

3. **Dishonest:** Misrepresenting myself or reality - lying/ omitting/ deluding - when I feel this resentment?

4. **Afraid:** Fear of not getting what I want or losing what I have -when I feel this resentment?

5. Where am I **wrong/ at fault/ to blame/ responsible** for my feelings/behavior -when I feel this resentment? **Then** - my contribution to the original event? _____

NOW - my current reaction to _____
person/ event? _____

6. What feeling/ **harm** did I cause this person? Pick from these options - what is the actual negative impact of my actions on:

Physical (Body) _____

Emotional (Feelings) _____

Financial (Money/ Time) _____

Mental (Mind) _____

Spiritual(Relationw/God) _____

Other negative impacts _____

7. What **harm** did I cause to other people, in and around this relationship? Specific negative impact?

8. List any other **fears** that I've become aware of while completing this worksheet (not already listed):

9. List the **character defect(s)** that I've become aware of while completing this worksheet:

10. **WHY** do I hold on to this resentment? What is the **motive/ benefit/ value** to me?

My REAL role in holding on to these negative feelings; it may be the direct opposite of my role above:

I now **REALIZE** I am _____