

Step Four: Resentment Worksheet, Column Three

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

Column Three = BELIEFS?

Set Aside Prayer:

CONSIDER: When I resent _____ (Column One)
for _____ (Column Two),
did it hurt, threaten, or interfere with my:

1. **Self-esteem:** What is my deep belief about who I am?

I am _____

**What is my fear? May be
opposite of my belief.**

(_____
_____)

2. **Pride:** How do I want other people to see me being treated?

Put myself on a stage w/other person; imagine a relevant audience watching.

Others **should** see (Column One Person) _____
treating me as _____

(_____
_____)

3. **Ambition:** What do I want to happen?

I want _____

(_____
_____)

4. **Security:** What do I need in order to be okay? Why?

I need _____
Why? _____

(_____
_____)

5. **Personal relations:** How do I expect this relationship **should** be?

Consider roles: "I expect [mothers/father/friends/bosses/partners/etc.] **should..**"

I expect _____

(_____
_____)

6. **Sex (gender) relations:** What is my **belief** about men/Women?

A real/ideal/model man **should** always or is _____

(_____
_____)

A real/ideal/model woman **should** always or is _____

(_____
_____)

7. **Pocketbook:** What is my affected value?

For example: money, material security, emotional security, well-being, etc.

Nothing **should** interfere with, affect, or lessen my _____

(_____
_____)