(1) I'm Resentful At	(2) The Cause	(3) What Part of Me Has Been Hurt or Threatened?	(4) Where Was I To Blame? *("I was…)*

List the names of the *"people, places, or things"* with whom we have built up resentments.	Why am I Resentful?	*SELF ESTEEM*	*PRIDE*	*SECURITY*	*FINANCIALLY*	*AMBITIONS*	*PERS RELATIONS*	*SEX RELATIONS*	*SELFISH*	*DISHONEST*	*FEARFUL*	*SELF SEEKING*	*INCONSIDERATE*	*We must come to "KNOW" our faults and strongholds. Where did these contribute to our resentments?*

(1) What Am I Afraid Of?	(2) Why Do I Have The Fear?	(3) What Part of *"Self"* Have I Been Relying On?	(4) What part of *"Self"* Does the Fear Affect?

List the things that you are fearful of? Especially list those things that have been recurring fears?	Why am I Fearful?	*SELF RELIANCE*	*SELF CONFIDENCE*	*SELF DISCIPLINE*	*SELF WILL*	**Notes** Begin making notes below. See if you can see patterns with the ***Resentments*** you indicated.	*SELF ESTEEM*	*PRIDE*	*EMOTIONAL SECURITY*	*AMBITIONS*	*PERSONAL RELATIONS*	*FINANCIAL*	*SEX RELATIONS*	We are now on the basis of trusting and relying upon God **and abandoning self**. **NEVER** apologize to anyone for depending upon your Creator it is the way of strength and true courage. **Fear Prayer:** "God, please remove my fears and direct my attention towards what you would have me to be for your glory. Amen!

(1) Who?	(2) What?	(3) What Was The EXACT Nature of Your Wrongs?	(4) Did My Actions Cause	(5) Who Did I Harm? Myself, Family Members On BOTH Sides and Others Who May Have Been Affected?

List the names of those with whom I have had experienced sexual conduct. This could be physical, imaginary, or covetous.	Define the conduct?	WAS I SELFISH	WAS I DISHONEST	WAS I INCONSIDERATE?	WAS I SELF-SEEKING?	JEALOUSY?	BITTERNESS?	SUSPICION?	RELATIONSHIP SPLIT?	Names

(1) Who Have I Harmed?	(2) What Did I Do *or* Fail To Do?	(3) What Part of Self Caused The Harm?																		
List the names of the persons who my actions have hurt.	What Did I Do *Or Fail To Do* That Caused The Harm?	SELF WILL	SELF ESTEEM - EGO	EMOTIONAL SECURITY	FINANCIAL - SAFETY	PRIDE - DEFIANCE	SELF PITY	SELF - RELIANCE	AMBITIONS	FINANCIAL GAIN	SELFISHNESS	SELF GRATIFICATION	DISHONESTY	FEAR	INCONSIDERATION	LACK OF SELF - DISCIPLINE	CONTROLLING OTHERS	SELF - CENTERED EGO	OTHERS