

RESENTMENT WORKBOOK

List the names of 3 people, institutions, or principles with which you were angry and now harbor a resentment. Be specific and list out the nature of your anger and when it turned into a resentment.

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RESENTMENT WORKBOOK

ITEM 1:

For this item, list up to three incidents that made you angry and why. List out what part of you was threatened or hurt.

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ITEM 2:

For this item, list up to three incidents that made you angry and why. List out what part of you was threatened or hurt.

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RESENTMENT WORKBOOK

ITEM 3:

For this item, list up to three incidents that made you angry and why. List out what part of you was threatened or hurt.

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RESENTMENT WORKBOOK

PATTERNS

For the above people, institutions, or principles that hold your resentment and the patterns you see of what was hurt, what values do you hold that were aggrieved or offended? How strongly do I hold these values? Do I have the right to have these expectations?

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