

#1 WHEN I RESENTED: **MYSELF**#2 FOR: **SEEING MYSELF AS WORTHLESS OR UNLOVEABLE**

Column 4: MY PERCEIVED ROLE: Like you are standing in front of a judge in a courtroom defending yourself as a betrayed spouse, abused child, misunderstood person, abandoned person, rejected friend, ignored citizen, etc. THE Event TRUE or FALSE: (Did it really happen?) I believe I am the:

Disregard the "offender" involved completely, what was/is the source of this resentment: **severely self critical and unloving to me**

THESE ARE SHORT ANSWERS~

1. Self-Seeking Behavior: Things I DO when I feel this resentment (actions):	Saying "yes" when I want to say "no," because I'm seeking the "guarantee" that everyone likes and approves of me. I use my self-pity to get comfort from others so I do not have to do the hard work of growing or isolate to punish.
2. Self Centered Thinking: <u>Selfish</u> , <u>Narcissistic</u> thoughts, attitudes, motives when I feel this resentment (thoughts)	Thinking that other people are constantly thinking about, judging only me, and focusing on my life and how I live it.
3. Dishonest or Delusional: How am I mis-representing myself/my reality by; excusing, omitting or deluding lying , during resentment?	I pretend I have zero strengths, which is a lie. I ignore the facts of my past successes. By not showing my anger, sadness, or fear, I will appear loveable and desirable
4. Afraid: Fear of not getting what I want or losing what I have. What fear comes up when I think about this resentment?	I am terrified that if I accept myself, I will have to take full responsibility for my life and actions. If I let my guard down and show my true, imperfect self, I will be hurt, criticized, or taken advantage of. I won't survive rejections.
5. Responsible: Where am I accountable or responsible for my feelings and reactions when I feel this resentment?	<u>When Original Event Occurred</u> (only if over 18): After the initial destruction of my sense of self, I didn't take responsibility, I stayed in denial and reverted to a life of fear as a cover up to reality <u>CURRENTLY</u> : I fall into the trap of questioning my own beliefs and fall prey to others opinions due to my shaky opinion of myself when I am stuck in my delusional thoughts.
6. What harm did I cause this person : What is the actual negative impact of my resentful actions on this person (Pick which ones apply)	Physical (body): ☒ ☐ ☐ Emotional (feelings): ☒ ☐ ☐ Financial (money/time): ☒ ☐ ☐ <u>Check the ones that apply to this resentment</u> Mental (mind): ☒ Spiritual (God): ☒
7. What harm, if any, did I do to the other People around event or resentment and how I involved them, with a negative impact:	I overly inflate my ego or deny my true value, worth, and shortcomings by assessing myself through other's opinions and deny my own support. I trust perceived false opinions of me. I fall into childhood doubts and fears to cope
8. List my character defects <u>around this resentment only</u> :	Control thru fear, Self-Will Run Riot, Self-Pity, Dishonesty, Pride (Negative Pride) and other pleasing
9. Why do I hold onto this resentment? What benefits/value do I get from keeping this resentment going?	If I doubt myself/my value, I will work extra hard to find solutions to control the narrative and diligently seek to find ways to control the uncontrollable due to my desire to be loveable in my own eyes. I MUST be loveable at all costs.
MY REAL ROLE: In holding on to this resentment and negative feelings; (it is often the opposite of my perceived role &/ or *For: 3 rd column)	My real role: I am treating myself in a way I would likely never treat anyone else. I am the one doing the criticizing, and I am also the one who has the power to stop.