

# 12 Steps On The PATH To Freedom

## Step Four: RESENTMENT WORKSHEET Column #4 MOTIVES

**CONSIDER:** When I resent (Column 1 answer) \_\_\_\_\_ for (Column2) answer \_\_\_\_\_

I have a **BELIEF** about my role- how **I BELIEVE** I am/was affected - (from the **Column #3** analysis):

**My PERCEIVED ROLE: like an actor in a play** = e.g., shunned person, betrayed spouse, abused child, fired worker, ghosted friend, black sheep, persecuted gender, invisible sibling, voiceless victim, brainwashed member, etc.:

When feeling this resentment **I believe I am (the)** \_\_\_\_\_

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?

• **Where was I wrong/** at fault/ to blame/ responsible for my feelings/behavior -when I feel this resentment?

• **Then-**What was the part I played in the **original event** (when it happened) \_\_\_\_\_

• **NOW- my current reaction** to this person/event? \_\_\_\_\_

• What feeling/ harm did **MY behavior** cause this person?  applicable options - add what is the actual negative impact of my actions on them:

• Physical (Body)  \_\_\_\_\_ Emotional (Feeling)  \_\_\_\_\_

• Financial (Money/ Time)  \_\_\_\_\_ Mental (Mind)  \_\_\_\_\_

• Spiritual (Relations/God)  \_\_\_\_\_ Other negative impacts  \_\_\_\_\_

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

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

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

8. **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 (the...) \_\_\_\_\_