

12 Steps On The PATH To Freedom

Step Four: RESENTMENT WORKSHEET Column #3 BELIEFS

CONSIDER: When I resent (# 1) _____

FOR (# 2) _____

did it hurt, threaten, or interfere with my:

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

2. Pride: How do I want other people to see me being treated?
(Imagine you are giving a performance; imagine an important audience watching. Others should see (Column One Person) treating me, in what way: _____

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 [parent/friend/boss/partners/child, etc.] should..."

" I expect _____

6. Sex (gender) relations: What is my belief about people?

A real/ideal/model man or woman should behave or be _____

7. Wallet: What is my affected **value**? For example: money, material security, emotional security, well-being, etc. Nothing should interfere with, affect, or lessen my (list those affected):

**What is the fear?
Regarding 1-5?**

(Often the opposite of my deep beliefs about myself.)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____
