

#1 WHEN I RESENTED: MOM

#2 FOR:

Neglecting me by not valuing me



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1. Self-Seeking Behavior: Things I DO when I feel this resentment (actions):	I act like I am unlovable w/ everyone poor me, I argue/ test peoples loyalty to prove the lies aren't the truth (I'd rather be right than happy) seek others assurances
2. Self Centered Thinking: <u>Selfish</u> , <u>Narcicistic</u> thoughts, attitudes, motives when I feel this resentment (thoughts)	I think about how she is wrong, how she had no right to do what she did, how she should have known better, how I can fix her, I am better than her
3. Dishonest or Delusional: How am I mis-representing myself/my reality by; excusing, omitting or deluding lying , during resentment?	I convince myself that I am overly sensitive, that the damage and treatment she displayed were ok, that I wasn't loveable, that I never needed her love or protection, or I block it out of my awareness
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 afraid my mother will die and not see me for who I honestly am, she will believe her own lies and that she is not capable of seeing the difference that I need her to make
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): <u>CURRENTLY:</u> I emotionally abused myself, believed she was correct, sought love in bad places I believe her actions are unloving and that she doesn't care about me and never did
6. What harm did I cause this person : What is the actual negative impact of my resentful actions on this person (Check which ones apply)	Physical (body): ☒ ☒ <u>Check the ones that apply to this resentment</u> Emotional (feelings): ☒ Financial (money/time): ☒ 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 tried to prove I was loveable by making my siblings less desireable, I would try to get them in trouble, I would compare my accomplishments to their failures, I made inferior friendships and blamed them
8. List my character defects <u>around this resentment only</u> :	Low self esteem, unworthy, delusional, controlling
9. Why do I hold onto this resentment? What benefits/value do I get from keeping this resentment going?	I hold on because if I let go, I won't get her love which I believe is necessary to love myself and others, Keeps me in protective mode
MY REAL ROLE: In holding on to this resentment and negative feelings; it is often the opposite of my perceived role	I neglect <u>myself</u> in traumatic events because I am waiting for someone else to come and protect me when it is actually me that I am waiting for. I need to see that her opinion does not define me, she is incapable of giving me what I need.