

STEP 4: RESENTMENTS WORKSHEET COLUMN~#1,2,3

Sample

BEGIN WITH SET ASIDE PRAYER



#1 WHEN I RESENTED: MOM

#2 *FOR: NEGLECTING ME BY NOT VALUING ME

#3 When this event happened how did it hurt, threaten, or interfere with my: (1 thru 7)

1. SELF ESTEEM: What is my deep belief about who I am ?	I AM: An open and honest, kind, accepting daughter who supports others, who is open minded and making strides in my development	What is my FEAR: I am not worthy of the truth, I am not able to handle the truth
2. My Pride: This is how I want people watching, to see me being treated as:	Others should see MOM treating me as: A Cherished, loved, respected, supported, worthy, strong woman and loving daughter, that no one can harm	I am AFRAID others will actually see: The affect the lying has had on my psyche and that I am oppressed by a lying addict
3. My Ambition: What would I like to see happening instead:	I WANT: MOM to ultimately treat me: Like I am the most wonderful, important and respected child in her life and loves me unconditionally	I am AFRAID : Mom will never stop lying and treating me as unworthy of her love and acceptance
4. My Security: What would it take for me to be ok with this situation: (What does the offender need to do to end the resentment?)	I need MOM to: believe in my truth, respect me as her loving daughter who deserves the world, because I am wonderful. Why do I need this in order to be ok?: I need this so that I feel safe and protected in my world because I accept other poor relationships due to her inability to be a good mother, I transfer my need to the wrong ones	I am AFRAID : I will not be able to have a healthy relationship with myself or her and I will walk away resigned
5. Personal Relationships: How do I expect this relationship should be; consider your ideals:	I expect: (mothers/fathers/spouses/friends/siblings, etc.) should: MOTHERS should love their children unconditionally, support my ups and down to get me thru the dilemmas	I am AFRAID : I am afraid I have fooled myself into believing she loves me unconditionally and has never believed in me
6. Gender Relations: What are my beliefs and/or about males or females within the roles they play:	I expect an "ideal" man or woman should always be (or they are): Ideal MOTHERS are loving, kind, supportive and protective of all their children. They don't pit them against each other and love them individually and tend to their emotional needs	I am AFRAID : She was never a good mother figure and I lied to myself to make it feel better how she treated me
7. Pocketbook=COST: What areas are impacted by this event, what price did I pay? Choose which ones apply. **EG: financial security, emotional security, material security, well-being, spirituality, relationships etc.	Nothing should Interfere with/lessen the value of my: ☒ - Financial Security ☒ - Emotional Security ☒ - Material Security ☒ - Personal Security (Well-Being) ☒ - Spiritual Security ☒ - Relationship Security ☒	I am AFRAID : These behaviors have permanently damage me and I won't be able to see my value or loveability due to the damage she caused me, which makes me accept poor people as replacements