Name People, institutions, or Principles I Resent	Why I'm Resentful	Affects My Which of my basic instincts were threatened and caused me to be angry?						"God, [name of person I resent] is spiritually sick, just like me.	Exact Nature of My Wrongs AKA "defects" or "shortcomings". Pick one or more						
		Self esteem	Personal relationship	Financial security	Emotional security	Sex relations	Ambitions (plans for the future)	Help me to show them the same tolerance, pity, and patience, that I would cheerfully grant a sick friend. Show me how I can be helpful to them. Save me from being angry. Thy will, not mine, be done." What have I done to start or perpetuate this conflict? Look at my wrongs, not the other person's.	Selfish	Dishonest	Self-seeking	Frightened	Inconsiderate	Shame	
Example: My ex-wife	She left me cold, took the house and kids	Х		Х		Х	Х	I failed to keep most of our marriage vows. I failed to do my part in parenting; she did most of the family work.	Х	Х	Х	Х		Х	
Example: My ex-wife	She was always quick to judge me	х				Х		I cheated on her. I was often misbehaving. After a few years into marriage, I grew tired and cold towards her, and was quick to judge her just as much.	Х	Х	Х	Х		Х	
Example: My boss	Hasn't given me a raise	х		Х				I haven't been doing an honest day's work. I lied to him about why I didn't finish the project last week. I get defensive when he offers me feedback.	Х	Х		Х		Х	
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											_				

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