## **Review of Our RESENTMENTS**

## **Instructions for Completion:**

Complete each column top to bottom before proceeding to the next column.

Fill in all the names of those you are resentful at before filling in the column for the cause of each resentment.

Column 1 We listed people, institutions or principles with whom we had a resentment.

Column 2 We write the cause(s) of the resentment.

Column 3 Was it our self-esteem, our security, our ambitions, our personal, or sex relations which had been interfered with?

Column 4 Where had we been selfish, dishonest, self-seeking and frightened?

"SELF"

COLUMN 3 COLUMN 4

AFFECTS

MY

PART

MY

COLUMN 1 COLUMN 2 COLUMN 3 COLUMN 4

		COLONINZ	COLONING			6020111114					
	I'm RESENTFUL at:	The Cause:	Self Esteem	Security	Ambition	Personal Relationships	Sex Relationships	Selfish	Dishonest	Self-Seeking	Frightened
1											
2											
3											
4											
5											
6											
7											
8											
9											

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COLUMN 1		COLUMN 2	COLUMN 3		COLUMN 4				4		
	I'm RESENTFUL at:	The Cause:	Self Esteem	Security	Ambition	Personal Relationships	Sex Relationships	Selfish	Dishonest	Self-Seeking	Frightened
10							,	¥,	_		
11											
12											
13											
14											
15											
16											
17											
18											
19											
20											