

REVIEW OF RESENTMENTS

Column 1	Column 2	Column 3	Column 4	Column 5
<p>I AM RESENTFUL AT: I list people, institutions or principles with whom I am angry.</p>	<p>THE CAUSE: I ask myself why I am angry, what did they do to me to cause the anger?</p>	<p>AFFECTS MY: On my grudge list I set opposite each name my injuries. Was it my self-esteem, my security, my ambitions, my personal, or sex relations which had been interfered with?</p>	<p>WHAT DID I DO? Putting out of mind the wrongs others have done, I resolutely look for my own mistakes. What did I do, if anything, to set in motion trains of circumstances, which in turn caused people or institutions to hurt me and eventually led to my resentment of them for doing so?</p>	<p>WHERE HAD I BEEN: "Selfish" "Dishonest" "Self-Seeking and frightened" "Inconsiderate" Which of the above character defects caused me to do what I did, or cause me to want to hold on to the old resentment, even though I may have done nothing to cause it?</p>