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| I’m Resentful At | The Cause | What part of me was hurt9 or threatened | Where was I to blame? | Nature of Our Wrong:  selfish, dishonest,  fearful, inconsiderate |
| Father | For leaving the household, and separating from my mom and us | Self Esteem, Pride, Emotional Security,  Dishonest, Frightened | Never expressed my feelings to him | Lead me to being fearful to speak up and caused me to deep myself deeper In a hole of addiction starting with weed and porn then switching to only porn. |
| Close Friend | Felt like she used me in multiple ways  Drugs, Car Rides, To get back at her boyfriend, Toying with my emotions | Self Esteem, Pride, Emotional Security, Ambitions, Personal Relations, Sex Relations,  Selfish, Inconsiderate | By letting her walk over me, by me being so hungry for someone’s love and attention I kept being her friend | It built my selfishness up and lead me to be more inconsiderate about others and my feelings and just did what I wanted to do. |
| Mom | Not caring about my Little brother’s health, and not being there for me emotionally | Self Esteem, Pride, Emotional Security, Ambitions, Personal Relations,  Frightened | Never really opened up to her, never felt like I can express my feelings | Started resenting her more and distancing myself from her and others. |
| Managers At Work | Taken advantage of, Not being heard, | Emotional Security, Ambition | I stopped caring | Made me feel like they cared about what I think or me. Stopped trying as hard somedays.  Made me feel like nobody cared again. |
| Lawyer | For not doing all she could and slacking when it came to my case | Self Esteem | Could have been more involved from the beginning | With it being hard to connect with her and her not answering it made me hate her and what she was doing. |
| Teacher | Said I was not smart in front of me to another teacher | Self Esteem, Pride, Ambitions | Could have put more effort in | It put me down and made me feel like she did not care about me either. |
| Employer | Overworks me, to the point I am stressed out, and doesn’t listen to me when I say I need help | Personal Relations, Pride, Emotional Security | Speak up and tell them they are being unfair and unappreciated of me and my work ethic | Made me feel like they cared about what I think or me. Stopped trying hard for some days.  It caused stress and that builds up into acting out |
| Co-Workers | Slacks and does not care about the job they do, so I have to pick up their slack | Emotional Security, Pride | **how do you let the resentment effect your life today)** | They were just using me to have an easy day at work so I would slow down also so I would kill myself doing all the work |
| Police | Gave me a ticket for weed  Was profiling me when they thought I was someone else | Self Esteem, Emotional Security, Pride, Ambitions | Frightened to speak up | Made me resent them. |
| Law | The law is too strict | Ambitions  Pride | Putting myself in the situation to get into trouble in the first place |  |
| Authority | They have too much control | Pride  Ambitions | Putting myself in the situation to get into trouble in the first place  Do want I want to do |  |
| Government | Takes too much out of taxes | Ambitions |  |  |
| Education System | Didn’t really try hard with education, and encourage students to do good in school | Self Esteem, Ambitions | I could always go above and beyond and do more outside of school for my education | Could have been better overall as a student but they also needed better ways to help students. |
| Death | Why does it have to happen to the ones we love | Self Esteem, Emotional Security, Ambitions, | Stop looking at Death as something negative, and live the time I In now | Makes me think what the point of anything I do or is it going to matter. |
| Jesus | Wonder why he took my Dad | Emotional Security, Personal Relations, Ambitions | I could have talked it out with someone, whether if it was a family member a friend or therapist | I questioned him and his goodness. |

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| What I am Afraid Of? | What Part Of Self Have I Been Relying On Which Has Failed Me? | “God please remove my fear of \_\_\_\_\_ and direct my attention towards what you would have me be.” |
| Fear Of Dying | Emotional Security  Ambitions | “God please remove my fear of dying and direct my attention towards what you would have me be.”  More Courageous & Opening |
| Fear Of Insecurity | Self-Esteem, Pride, Emotional Security, Ambitions, Personal Relations, Sex Relations | “God please remove my fear of insecurity and direct my attention towards what you would have me be.” Confidence & Trusting |
| Fear of Rejection – feeling shame | Self-Esteem, Pride, Emotional Security, Ambitions, Personal Relations | “God please remove my fear of rejection and direct my attention towards what you would have me be.”  Confidence & Courageous & Trusting God is telling me who I am supposed to be |
| Fear of Disease | Ambitions, Personal Relations, Emotional Security | “God please remove my fear of disease and direct my attention towards what you would have me be.”  God help me to have faith to want will happen in my life happen to be faithful and trusting |
| Fear of Relapse | Pride, Emotional Security, Personal Relations | “God please remove my fear of relapse and direct my attention towards what you would have me be.”  Giving my Complete control and power to him. Trusting God is more powerful than my addiction. |
| Fear of Self-Expression | Self-Esteem, Pride, Emotional Security, Ambitions, Personal Relations | “God please remove my fear of self-expression and direct my attention towards what you would have me be.”  Being Open and Honest |
| Fear of Heights | Ambitions | “God please remove my fear of heights and direct my attention towards what you would have me be.”  More Courageous and open to do what God would have me do |
| Fear Of Authority | Pride, Ambitions | “God please remove my fear of authority and direct my attention towards what you would have me be.” |
| Fear Of Parents | Self-Esteem, Emotional Security, Personal Relations | “God please remove my fear of parents and direct my attention towards what you would have me be.”  Trust that I am loved regardless the angry or shame |
| Fear of Doctor’s | Self-Esteem, Pride | “God please remove my fear of doctors and direct my attention towards what you would have me be.”  Be accepting of the truth  It is important to know about health |
| Fear of Failure | Self-Esteem, Pride, Ambitions | “God please remove my fear of failure and direct my attention towards what you would have me be.”  Built to succeed |
| Fear of Disapproval | Self-Esteem, Pride, Emotional Security, Ambitions | “God please remove my fear of disapproval and direct my attention towards what you would have me be.” |
| Fear of Getting Old | Self-Esteem, Ambitions | “God please remove my fear of getting old and direct my attention towards what you would have me be.”  God’s plan will be done  Have faith in what God has me to be |
| Fear of hurting Others  Afraid it is the truth, and it will be exposed | Ambitions, Personal Relations | “God please remove my fear of hurting others and direct my attention towards what you would have me be.”  Help me to trust I am who you say I am |
| Fear of Gossip | Self-Esteem, Pride, Emotional Security, Ambitions, Personal Relations | “God please remove my fear of gossip and direct my attention towards what you would have me be.” |
| Fear of Change | Self-Esteem, Emotional Security, Personal Relations | “God please remove my fear of change and direct my attention towards what you would have me be.”  Trusting God is in control and Adapt. If things change leave, it to God |

Sexually

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| --- | --- | --- | --- | --- |
| Whom Did I Hurt? | We List Each Thing We Did To Them | Did I Unjustifiably arouse | Where Was I At Fault | What Should I Have Done Instead? |
| My Girlfriend | Cheating, Paying Other Women, masturbated daily | Suspicion | Selfishness, Dishonesty, Inconsiderate | Should have been honest from the beginning and know when to stop my acting (surrender to God) out before it gets out of hand with cheating  Honest, Surrender, |
| Family | Isolate myself from them to act out | Suspicion | Selfishness | Been more involved and not isolate myself to the point where I have the free time to act out |
| Myself | Hurt Myself and dug myself deeper into a hole of addiction | Anger  Deep Regret | Dishonesty  Inconsiderate | know when to stop my acting out before it gets out of hand |
| Girls In Middle School  Lexi  Joslyn | Slap them on their butts | Anger | Selfishness  Inconsiderate | Behave  Should have had the mindset to be brother to them |
| Women | Used them as if they were less than  Looking at them sexually | Lust |  | Appreciate Them |

Non-Sexually

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| --- | --- | --- | --- | --- |
| Whom Did I Hurt? | We List Each Thing We Did To Them | Did I Unjustifiably arouse | Where Was I At Fault | What Should I Have Done Instead? |
| Girlfriend  innovated | Lie, Being Dishonest, Hiding Things, | Suspicion | Selfishness, Dishonesty, Inconsiderate. | Been honest from the start of our relationship, that I have a problem with porn and masturbation |
| Family | Isolate myself from them to act out | Suspicion | Selfishness | Been more involved |
| Best Friend | Petty | Bitterness | Selfishness, and Inconsiderate | Shouldn’t have let it get to me and notice that the friendship was toxic to me |
| Brother | Not spending time with him | regret | Selfish, | Put him first in some situations |
| Law | Didn’t Obey | Bitterness | It affected me by a job looking at my background and looking at my record.  It made me hate the law and the rules more | Obey the law and shouldn’t have been using drugs |
| Authority | Did not Obey | Bitterness | Made me hate police even more. | Obey the authority and shouldn’t have been using drugs |
| Education System | Did not try my hardest at times. | Bitterness | Made me not want to try.  Made it seem too hard at times and I would sometimes not care or give up | Should have asked for help, and tired harder |
| Jesus Christ | Questioned Him | Suspicion, Bitterness | Selfishness, Dishonesty, Inconsiderate | Trust in him more, and the path he had me on |
| Sin:  Drunkenness  Lust | Was treating myself badly mentally and physically. | Bitterness, Suspicion | Selfishness, Dishonesty, Inconsiderate | Obey and treat my body like a temple |
| Myself | Was not taking care of myself.  Always thought I was least than | Bitterness | Dishonesty, Inconsiderate | Think more highly of myself and not bring myself down |
| Girlfriend’s Mom | Made her disappointed in me | bitterness | Selfishness | Been more considerate and loving towards her daughter |
| Squirrel | Knocked it out with a rock | regret | Inconsiderate | Should not harm animals |
| Person, I Ran into | Fell asleep while driving and hit someone | Suspicion  Bitterness  regret | Inconsiderate | Should not have been doing drugs |
| Insurance | Lied to them about accident | suspicion | Selfishness  Inconsiderate  dishonest | Should have come clean |
| Old Sponsor (Ted) | Lied to him | bitterness | Dishonest  inconsiderate | Should have been honest |
| Kid | I choked him | bitterness | inconsiderate | Not let my angry get the best of me |
| Girl | I hurt he with a pencil | suspicion | inconsiderate | Control my anger |
| Walmart  Dollar Tree | Stole from them | Suspicion, bitterness  regret | Inconsiderate  Dishonest  Selfish | Not steal or pay for it |
| Teacher | Slung some food and it hit him | regret | inconsiderate | Could have behaved better  Stop playing with my food |
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