

THE PROCESS RESENTMENT & ANGER

RECOVERED

I am angry at	The Cause	Which of the basic instincts do these fears affect?							My Part - Where was I to blame	What are my defects of character?				
List people places, things, institutions, ideas or principles you are angry, resentful, feel hurt or threatened-by or feel ill-will toward	Why am I angry	Self Esteem	Pride	Emotional Security	Financial	Ambitions	Personal Relations	Sex Relations	What was my part in this? What was the nature of my wrongs? Where was I to blame?	Selfish	Dishonest	Self Seeking	Frightened	
Father – Bernard														
Mother – Pauline														
Friend – Vernon														
Financial Advisor – Steve														
God														
Employer – Mr Talbot														
Uncle Selwyn														