

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	He didn't come to watch my sports. He was an Alcoholic	Y	Y	Y			Y	Y						
Mother – Pauline	She died young, leaving me at 16	Y		Y		Y	Y							
Friend – Vernon	He bullied me	Y	Y	Y			Y							
Financial Advisor – Steve	I lost a lot of money	Y	Y	Y	Y	Y								
God	He took my mother away	Y		Y		Y								
Employer – Mr Talbot	He fired me		Y		Y									
Uncle Selwyn	He sexually abused me	Y	Y	Y			Y							