

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	I didn't understand he was an alcoholic and I am positive he didn't like who he was	Y		Y		Y
Mother – Pauline	She died young, leaving me at 16	Y		Y		Y	Y		She didn't want to die	Y		Y	Y	
Friend – Vernon	He bullied me	Y	Y	Y			Y		He was bullied and beaten by his father and brother			Y	Y	Y
Financial Advisor – Steve	I lost a lot of money	Y	Y	Y	Y	Y			I didn't listen to people and I didn't search out better advice	Y	Y	Y		
God	He took my mother away	Y		Y		Y			It had nothing to do with God, my mother had cancer	Y		Y	Y	
Employer – Mr Talbot	He fired me		Y		Y				He was a good boss, but had been given wrong information		Y		Y	
Uncle Selwyn	He sexually abused me	Y	Y	Y			Y		He was mentally and emotionally unwell. He had been badly abused by his teachers when he was a child	Y	Y		Y	Y