## THE PROCESS I RESENTMENTS & ANGER



I'm Angry at:	The Cause	What basic Instinct is affected?						ed?	My Part - Where was I to blame	What were my defects?				
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	Inconsiderate
		√Tick which are appropriate								√Tick which are appropriate				