

I resent

The cause(s)

(how it should
be (ideals))

harm?

Affects my

Pride: No one should: _____

Self Esteem: I am _____

Ambitions: I want _____

Security: I need _____ to be okay,

Perf Rel: Others should _____.

Sex Rel: Men are/should _____.

Women are/should _____.

Pocketbook: No one should _____.

4th column
where was I at fault?
- Selfish/self seeking
- Dishonest
- Interfered