

APPENDIX VI
EXAMPLE: STEP FOUR: RESENTMENTS - SECOND LIST
"We asked ourselves why we were angry."

List Two: We asked ourselves why we were angry. What was the cause?

1. Mr. Brown
 - a. His attention to my wife
 - b. Told my wife of my mistress
 - c. Brown my get my job at the office
2. Mrs. Jones: She's nut – she snubbed me. She committed her husband for drinking. He's my friend. She's a gossip.
3. My employer: Unreasonable – Unjust – Overbearing – Threatens to fire me for drinking and padding my expense account.
4. My wife: Misunderstands and nags. Likes Brown. Wants house put in her name
5. Neighborhood bully
6. Sibling
6. Mom
7. Dad
8. I.R.S.
 - a. Won't let me defend against their audit results
 - b. Garnished my wages
 - c. Sent armed agents to my home and embarrassed me in front of my neighbors
9. High School
10. Church
 - a. Told me I couldn't go to heaven if I drank alcohol, or had sex before marriage
 - b. Told me I had to be good enough for God to love me
11. Baseball Team
12. Political Organization
13. Social Organization
14. Winners never quit
15. Your material well-being is equal to your faith
16. Respect your elders
17. I'm unlikable; unlovable
 - a. I don't try to be friends and push away good people
 - b. I reject people who try to give genuine affection
 - c. I substitute destructive, lustful acts and relationships dressed up as love
18. I am stupid
19. I am not good enough
20. Work my to heaven
21. Women always look for the next better man
22. Cheaters never prosper
23. God
 - a. Doesn't care about me, rejects and doesn't answer my prayers
24. Myself

Sample