

APPENDIX VI

EXAMPLE: STEP FOUR: RESENTMENTS - LIST THREE

“On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with?”

List Three: 8 Forms of Self Affected

1. From List One: Name of Resentment, Hurt, Threat, Interference (People, Institutions, Principle)  
Mr. Brown

2. From List Two: Cause – A. His attention to my wife.

SELF-ESTEEM (How I See and/or Feel about myself.)

I feel like I'm not good enough for my wife.

I see myself as the only man who should give attention to my wife.

I am better than any other man who gives attention to my wife.

POCKETBOOK: (How has Money, finances, profession, material well-being been affected?)

I spend money (that I shouldn't) trying to prove I am the only man for my wife.

I spent all my tolerance, respect, and good-will towards Mr. Brown.

AMBITIONS: (What I Want and/or Wanted from the name in List One)

I want my wife all to myself.

I want Mr. Brown to leave my wife alone for good.

I want to be only object of desire for my wife.

PERSONAL RELATIONS: (How my relationship with the name in List One or others was affected)

I can no longer trust, respect, and work with Mr. Brown in any other capacity.

I have cut out Mr. Brown from my life completely.

SEX RELATIONS: (How intimacy in my relationship with the person in List One or others was affected)

I obsessively want sexual intimacy with my wife to erase any ideas about Mr. Brown.

I withhold sexual intimacy from my wife until he denounces interaction with Mr. Brown.

I have sexually-charged flirtation with other women in retaliation.

SECURITY: (What I Need and/or Needed from the name in List One)

I need Mr. Brown to admit and apologize for his inappropriate attention to my wife.

I need my wife to prove her exclusive devotion to me.

I need my wife to hate and ostracize Mr. Brown from now on.

PRIDE: (How I want Others to See me and/or Know me; the double-life.)

Mr. Brown needs to see me as a person who he will not disrespect.

Mr. Brown needs to see I am a man who is to be feared

My wife needs to see me as the best and only man for her.

My wife needs to see how desired I am by other women.

FEARS: (Which Fears drove or are driving my need for Getting My Own Way [i.e. Playing God] in the affected 7 Forms of Self?)

Fear my wife will leave me. Fear Mr. Brown is better than me. Fear my wife doesn't love me.

Sample