

APPENDIX VI
EXAMPLE: STEP FOUR: RESENTMENTS – LIST FOUR

“When we saw our faults we listed them. We placed them before us in black and white.”

List Four: We resolutely looked for our own mistakes. (Be Specific)

1. Where was I Selfish? (withholding, keeping; not giving or sharing) "I have it, you'll never get it."

I withhold intimacy from my wife as punishment.

I don't help Mr. Brown at work.

I don't communicate with my wife or Mr. Brown my trouble with their attention to each other.

2. Where was I Dishonest?

A. Self-Delusion: What are the Lies I tell myself?

My wife is mine.

I can control who Mr. Brown and I my wife interact with.

My wife and Mr. Brown should have the same morals I have.

B. Lies of Commission: Where was I dishonest with others by word and/or action? (Self-Delusion I express)

I flirted with other women with inappropriate sexual innuendo.

I rejected Mr. Brown's request for help at work because I was "busy."

I told my wife I didn't have a problem with her interaction with Mr. Brown.

C. Lies of Omission: Where was I dishonest with others by my silence and/or inaction? (Truth I Suppress)

I stopped all interaction with Mr. Brown.

I never discussed with Mr. Brown or my wife why I was conflicted by their attention toward each other.

I used the abstinence of intimacy with my wife as a communication for "I no longer love you."

3. Where was I Self-Seeking? (taking, stealing, demanding) "You have it, I need/want it, I am taking it no matter what?"

I wanted respect and fear from Mr. Brown.

I wanted love, desirability, exclusivity, and a feeling of superiority from my wife.

4. Where was I frightened? (What was the Fear which drove the Dishonesty, resulting in being selfish and/or self-seeking?)

I fear I am unlovable. I fear I am not good enough for anybody. I fear that ultimately I will be alone and lonely.

I fear my inadequacy as a person will be revealed. I fear I will hate myself. I fear I won't want to live.

I fear I will give up on the goodness of life. I fear I will drop out of society alone.

5. What were the specific harms which resulted from these wrongs?