

REVIEW OF RESENTMENTS

Page 1

I AM RESENTFUL AT:	THE CAUSE:	AFFECTS MY:
I list people, institutions or principles with whom I am Angry	I ask myself why I am Angry, what did they do to me to cause the anger	On my 'grudge' list I set opposite each name my injuries. Was it my self-esteem, my security, my personal or sex relations which had been interfered with?