

RESENTMENT TURN AROUNDS

6.

**(EXACT NATURE OF THE WRONGS)
(USE WHAT FITS)**

I'M SELFISH: IN WANTING OR NOT WANTING AND EXPECTING PEOPLE TO DO THINGS MY WAY, IN MY TIME AND PRIORITIES, IN MY THOUGHTS AND OPINIONS, IN THINKING NOTHING BAD SHOULD HAPPEN TO ME, ETC.

I'M DISHONEST: BY SETTING MYSELF UP, BY BEING HYPOCRITICAL, BY PLAYING GOD, IN NOT MINDING MY OWN BUSINESS, THE TRUTH IS....., BY NOT ADMITTING MY FAULT, IN NOT DISCUSSING THIS WITH THEM, IN NOT ACCEPTING THIS, IN HAVING UNREALISTIC EXPECTATIONS, BY BREAKING THE LAW, IN NOT SEEING THEY WERE DOING THEIR JOB, IN NOT HAVING GRATITUDE, IN NOT GOING TO GOD, IN NOT REALIZING THEY DON'T HAVE/USE A SPIRITUAL PROGRAM, BY TAKING THIS PERSONALLY, IN MAKING ASSUMPTIONS, IN NOT FORGIVING THEM, BY NOT DOING SOMETHING ELSE INSTEAD, ETC.

I'M SELF-SEEKING: (DOING THINGS TO FEEL BETTER ABOUT THIS), BY USING INTIMIDATION, BEING UNKIND, DEMANDING, BY PEOPLE PLEASING, BY EXPANDING ON THE PROBLEM, BY SELF-PITY, BY GOSSIPING, BY CREATING REVENGE FANTASIES (SCRIPT WRITING), BY BEING ALOOF, BODY LANGUAGE, ETC.

I'M FRIGHTENED:(FEARS CAUSED BY THIS RESENTMENT) OF NOT BEING LOVED, OF BEING ABANDONED, OF NOT BEING RESPECTED, OF AUTHORITY FIGURES, OF FAILING, OF FEELING LESS THAN, OF PEOPLE'S OPINIONS, OF NOT GETTING WHAT I WANT, OF LOSING WHAT I HAVE, ETC.