Example #2 — Mrs. Jones

Columns 1 & 2

#2) Mrs. Jones

- **A)** She's a nut — she snubbed me.
- **B)** She committed my friend, her husband, for drinking. He's my friend.
- **C)** She's a gossip.

(Looks down on me for my drinking with her husband and complained about it to others)

Column 3 — Resentment Inventory

> *"God please help me see the truth about my resentments"*

#2) A — Mrs. Jones / She's a nut — She snubbed me.

Affects my:

SELF-ESTEEM — *"I am..."* | Fear of being...

- I am the greatest friend anyone could have around. *(a bad person)*

PRIDE — *"Others should..."*

- Others should see what a likable guy I am. *(disliked)*

AMBITION — *"I want..."*

- I want the respect of others. *(not respected)*

SECURITY — *"I need...to be okay"*

- I need others to see my value as a person to be okay. *(not valued, worthless)*

PERSONAL RELATIONS

- Wives welcome their husband's friends into their homes. *(unwelcome)*

SEX RELATIONS — *"A real man..."*

- A real man is wanted anywhere. *(unwanted)*

POCKET BOOK

- No money involved here.

Column 4

> *"God please help me see the truth."*

The Realization

"How have I done the things I've resented in Column 2 to the person I've listed in Column 1 and/or others?"

- I looked down on Mrs. Jones and talked bad about her.
- I too have been judgemental and have been disgusted by the way other people live and have voiced it openly to their face and to others behind their backs.

> *"God, this is a sick person like myself. How can I be helpful to them? God save me from being angry. Thy will be done."*

Fourth Column — "Where had I been..."

SELF-SEEKING: *My selfish actions or activities were...?*

- Brought alcohol over to drink with her husband knowing she wants him to stop.

- Made fun of her for being concerned about our drinking.
- Didn't care her husband was struggling with his drinking.
- I just didn't want to drink alone.

SELFISH: *My selfish attitudes were…?*

- I only care about myself, my drinking and what I want.

DISHONEST: *I was in the delusion that…?*

- I'm in the delusion she has no right to have an opinion on when and where I drink.
- I'm in the delusion that she was supposed to put up with my behavior.

AFRAID: *I was afraid…?*

- Afraid that I'm incapable of living up to anyone's expectations of me, let alone my own.

HARM:

- Mrs. Jones for ignoring what she wanted and causing her to suffer.
- Mr. Jones for bringing liquor over when he was trying to quit drinking.

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