Example #5 — Susie

Columns 1 & 2

#5) Susie

- **A)** She didn't respect that I loaned her money or care about paying me back.

Column 3 — Resentment Inventory

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

#5) A — Susie / She didn't respect that I loaned her money or care about paying me back.

Affects my:

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

- I am the perfect friend. *(not good enough)*
- *(not important)*

PRIDE — *"Others should..."*

- Others should see the value of my help. *(not valued)*
- No one should see me as a push over. *(taken advantage of)*

AMBITION — *"I want..."*

- I want friends to never take advantage of me and appreciate how spiritual I am. *(unappreciated, used, judged)*

SECURITY — *"I need...to be okay"*

- I need to know that people won't hurt me and that I can trust my friends to be okay. *(being hurt, being betrayed)*

PERSONAL RELATIONS

- Real friends can be trusted by their friends with everything. *(not trusting)*

SEX RELATIONS — *"A real woman..."*

- A real woman (me) commands respect and can control the situation. *(lose control, not respected)*

POCKET BOOK

- Others should value my generosity. *(not valued)*

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 have taken money before and not paid it back. I have lied. I've said I could do things that I never followed through with.

> *"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...?*

- I loaned her money so I didn't have to feel uncomfortable.

SELFISH: *My selfish attitudes were…?*

- If I say “no,” she’ll be angry and hate me.

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

- I was in the delusion that it wasn’t okay for me to be honest and stand up for myself.

AFRAID: *I was afraid…?*

- I’m afraid if I stand up for myself she’ll reject me.

HARM:

- My dishonest attitude towards her.

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