Example #8 — My Sister

Columns 1 & 2

#8) My Sister

- **A)** She always tried to push me around, yells at me for the smallest things, tries to pick a fight usually when I'm in a great mood. She makes me feel like I'm still that loser brother that doesn't give a shit.

Column 3 — Resentment Inventory

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

#8) A — My Sister / She always tried to push me around, yells at me, picks fights, makes me feel like a loser brother.

Affects my:

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

- I'm a perfect brother. *(not good enough)*

PRIDE — *"Others should..."*

- She should see that I have changed for the better and that I actually do more housework than she does. *(seen as the same, drunk, druggy, no good SOB)*

AMBITION — *"I want..."*

- I want her to go away. *(losing my entitlement of owning the house)*

SECURITY — *"I need...to be okay"*

- I need her to leave me alone. I need her to start acting more like a friend and communicate in a normal fashion. I need to feel safe to be okay. *(bossed around, by my future wife, taken advantage of)*

PERSONAL RELATIONS

- I'm her brother, her only brother, we grew up together if there is something bothering her, she needs to talk instead of displacing it with anger. Real sisters love their brothers and work through anything. *(not trustworthy)*

SEX RELATIONS — *"A real woman..."*

- A real woman should know how to treat men in a decent manner. *(single for the rest of my life)*
- A real man commands respect.

POCKET BOOK

- No one should interfere with my financial security. *(unsuccessful)*

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 pushed others around, yelled at others for the smallest things. I have been critical of others when they are in a good mood. I have disrespected people.

> *"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 ignore her. I shut her out. I lied to her and gossiped. I have stolen from her.

SELFISH: *My selfish attitudes were...?*

- If she can't talk to me like a normal human being, I will treat her as a lesser person — a stranger. She has no right to interfere with my life.

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

- She is not important to me.

AFRAID: *I was afraid...?*

- I was afraid that I might do something wrong like relapsing, beating the crap out of her, or killing myself to make her feel sorry. I'm afraid that her opinion of me that I'm too defective to be loved is true.

HARM:

- I took it out on my co-workers. Stole from her, money and peace of mind, and shut her out.

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