

THE RESENTMENT REMODELING PROCESS

We all have things that “rub us the wrong way,” “stick in our craw” or “push our buttons.” They bug us. They upset us. We think we know why, or we have no idea. But the upset often gets in the way of our joy and ease, and comes between us and other people.

This process for metabolizing – understanding and getting free from – these upsets has been more revelatory with regard to these triggers than anything else I’ve ever learned through my master’s degree in psychology or the mountain of other training and 25+ years of coaching experience I’ve had. I have refined it through work with clients and friends and expanded it with tools I first learned through the 12-step recovery community.¹ By running your upsets with other people and situations through this process, I’m confident you, too, can gain a new level of freedom, self-awareness, and serenity. May it be so.

An overview of the process:

- First, we’ll identify the situation that’s bothering you specifically.
- Then we’ll look at the nature of your upset. How did this person or conversation or event make you feel? Specifically, how did it affect each of the seven parts of your self or ego or personality?
- Next, we’ll contrast your “upset sense” of yourself and your role in the situation with other possible interpretations that may give you more power to change your own state with regard to this situation.
- Finally, you’ll find your power by discovering where you have responsibility and choice in the situation and where there’s room for you to grow in wisdom and character based on what you’re seeing.

The Seven Parts of “self” That Are Most Often Threatened

- **Self Esteem** – How we think of ourselves
- **Pride** – How we think others view us
- **Ambition** – Our goals, plans and designs for the future
- **Personal Relations** – Our relations with other people
- **Emotional Security** – Our core sense of personal well being and safety
- **Gender roles** – Our basic drive for relationship and intimacy and our socialized sense of what makes a a “good man” or “good woman” or “good person”
- **Wallet/Purse** – Our desire for financial security, wealth, money, things, etc.

What’s the truth here? Where was my responsibility in this relationship? What might I have done instead? Where did I contribute to the problem I had or am having? **(Was I: Dishonest? Selfish? Self-Referencing? Frightened? Inconsiderate? Complicating matters?)**

¹ Herb Kelleher’s *Big Book Awakening 12 Step workbook*. August, 2006 www.bigbookawakening.com is a wonderful guide with a lot more explanation of all 12 steps and both his books and Herb’s personal teaching have been a huge inspiration and transformational process for me.

This process serves to provide relief from upset that is, at least to some extent, draining your energy and distracting you from the life and relationships you want now. On another level – one that may take you some time to discover through experience – the more profound outcome is that you will come to see and be liberated from some of the obstacles to clear sight and spiritual depth that currently occupy your consciousness. You're polishing the mirror, in a sense, that is capable of reflecting the light of the power that lives deep inside you, but that has been obscured by the dust and grime of certain aspects of your personality.

These facets of your personality developed in childhood, and for good reason. They are facets of a strategy you developed to get by in your family of origin and in your childhood situations. They worked, as evidenced by the fact you're here now with all the accomplishments, resources, and life experience you currently enjoy. They don't work anymore, at least to the extent that they are snagging you with this upset, with problems in your relationships and perhaps other symptoms and struggles in your life you aren't even currently aware are related to these character traits. As you become aware of these patterns in your consciousness and become willing to soften your grip on them, a broader range of responses to life and therefore a greater emotional and interpersonal resilience will emerge. You will have more access to positive feelings and better problem-solving abilities as well as a sweeter connection to something larger than yourself, however you may conceive that.

This process serves to remove the sludge in us that blocks us from full aliveness and spiritual awareness.

INSTRUCTIONS FOR THE RESENTMENT REMODELING PROCESS - PART 1

The following is a writing exercise. It is important to engage in the process in written format because writing down your responses requires a level of precision that is easy to lose if we just talk through or think internally about the questions. Here are the steps:

1. **Begin by setting an intention at the top of the page. You may think of this as a prayer or just an affirmation.** You could use *“God/Allah/Creator/Goddess (any name that resonates for you), please enable me to see the truth”* or say *“May I gain clarity and self-honesty from this process”*
2. Write down the name of the person you're frustrated with or reactive toward and describe what they did or name the situation in as few words as possible.
3. Consider each of the seven areas of self – the worksheet will guide you – and for each one, write in sentence form how you were and are affected.

You're upset because this situation, according to your ego, hurt or threatened or got in the way of something worth defending or getting angry over. These prompts will help you discover what your ego thinks is so all-fire important. Your answers will likely surprise you AND land with the thud of truth.

- Don't write any *“I think...”* or *“I feel...”* in these boxes
- Allow your writing in response to each prompt to reveal your beliefs, attachments, and fears to you

- Tip for writing about your self-esteem: If you truly had low self-esteem when the person you're writing about did the thing they did, you would not have been resentful at them, you would have believed you got what you deserved. You will get more self-awareness about your own character if you write from a vantage of high self-esteem. So write "as if" you think quite highly of yourself and what you deserve... Exaggerate it, even! For example, *"Doesn't he realize? I'm an amazing wife, both hardworking and kind as well as being beautiful and great in bed... He's so lucky to have me!"* Then write your FEAR (this is where the lower self-esteem side might come out!) in the fear box. To continue the example, *"I'm afraid I'm a lousy wife, I'm afraid he could do better, I'm afraid I'd be alone forever if he left me. I'm afraid he will leave me, and that he should."* The more times you do this process and see the "grandiose" point of view and the "worthless"/fearful point of view side by side, the more you will see the extremes of your own consciousness and the more you will loosen the grip that either pole can have on you.
4. As you write each sentence in one of the main boxes, note - in the "fear" box to the right - the fear(s) that correspond. *"I expect _____ or I need _____ (written in the left box) BUT I'm afraid that _____ (write that in the fear box)"*
- **This may be challenging to understand at first. Read the example. Use the worksheet. Do it yourself 5-10 times, and you'll get the hang of it.**

"I OUGHT TO BE IN CHARGE BECAUSE I KNOW BETTER"

Shakespeare said "all the world's a stage and we are merely players on it." But many of us try to not only act our part, but write the whole script, direct ALL the characters, design the costumes, and otherwise control every aspect. We are convinced we know better than others how the world should run and what they should do, think, and feel.

Use your writing through each of these facets to see how you're trying to run the show. You will begin to see how you believed the whole situation should have gone down and how you think you're the showrunner and director who's entitled to call out how each scene should unfold.

- **Self-esteem** is your stage character, the role that your ego has assigned yourself, usually a hero, victim, martyr, or other flattering portrait, unlikely a perpetrator or bumbling or ignorant role.
- **Pride** is how other players are supposed to see you, treat you, and show you deference or respect.
- **Ambition** is what you want out of this scene, how it will go down in your ideal scenario, what you're reaching for.
- **Security** is what you need out of this scene, for you to be okay. This is what you want to protect or cling to.
- **Relationships** include your deep-seated idea of how this type of relationship is "supposed to" go.

- **Gender Roles** speak to your deep-seated ideas (often not very conscious, until we use this process to inquire, and frequently embarrassing, once we do!) of how a “real man” and/or “real woman” or “good person” – especially of a particular gender identity or role – would be in this situation.
- **Wallet/Purse** relates to your finances and belongings. **For example:** money, material security, wealth, expenses, income, etc.

INSTRUCTIONS FOR THE RESENTMENT REMODELING PROCESS - PART 2

In this part, you’ll take the sense of yourself – your role in the play – from the first part and examine whether there might be a different way of seeing your part that allows you more agency, freedom from upset, and ability to engage with life and other people constructively so you’re not causing harm yourself, regardless of what another person does.

Looking at your own role does not mean you don’t ever hold the other person accountable for anything they did that is unacceptable. In fact, it equips you better to hold clean clear boundaries with others, because you can do so from a place of owning your role and not muddying the waters with denial or projection or any acting-out or retaliation on your part.

Here’s how to do it.

1. **Once again, begin by setting an intention at the top of the page. Affirm why you’re doing this part of the process.** You could write something like “*God/Allah/Creator/Goddess (any name that resonates for you), please help me find my true role in this situation*” or say “*May I access self-honesty and kindness to all*”
2. Write down the person’s name with whom you’re upset and the situation again on the part 2 worksheet: “When I am disturbed by _____ (person or circumstance) for _____ (perceived misdeed or problem situation)
3. Read the rest of the sentence and the next sentence on the worksheet: “...I have a belief about my role – how I think I’m affected (from the analysis in Part 1). ***My perceived role like a character in a play, when I hold this resentment:***

This means that you’re stage directing the scene. You’ve cast yourself in a particular role or light and you’re reacting from that vantage. In this part of the exercise, you’re going to turn your lens around and rather than building the case for how they harmed you and what they were supposed to do instead, you get to examine what you contributed before and during the moment or situation you’re upset about, and also what you’re doing and thinking now that creates or exacerbates your own problem and perhaps creates new problems for you, for the person you’re focused on, and even for others.

4. Identify what the perceived role has been: “I believe I am the _____ (adjective) _____ (noun).” This is usually the protagonist of the story. For example, you might have been thinking of yourself as the misunderstood hero, betrayed spouse, abused child, or underappreciated good daughter. Chances are, you’ve cast yourself as a very sympathetic

character who's been done wrong by someone else or by a situation, not someone who could have made different choices to create better outcomes or someone who is causing harm themselves, either for themselves or for others or both.

5. Ask yourself: "Is the event itself TRUE or FALSE (*Did it really happen? Circle one.*) Sometimes the THING really did happen. Other times, we have to be honest with ourselves that no, in fact, I can't confirm that the thing I'm all upset about is honestly even a verifiable reality. It's very good to know, either way. And even if it did really happen, as you'll see in the example, the attribution of responsibility for the consequences we suffered can often change.
6. Set aside what the other person did or the other circumstances of the situation and all their role(s) entirely. JUST look at YOU. Take some time to think about your own actions and attitudes, before, during and after the event or behavior you're bothered by. And now, *when* you're feeling upset, irritated, resentful, angry, outraged, piqued, or whatever... How does that affect your thoughts, moods, energy, and actions? There's what THEY did or what went on or goes on... Then there's how YOU are in reaction to it. Our question here is *What was my part, at the time? What is my part now?*

In a situation that took place when you were a child or that was criminal or dishonest, you may have not had a role whatsoever, or your contributions may have been dwarfed by the wrong done by others. This is not to downplay their actions... It's to give you access to your own power, which certainly never extends to controlling others' actions in the present, let alone in the past. So don't get distracted by how wrong what they did was or how unjust is the whole system or culture or whatever. That may well be accurate, but it's not the key to our freedom. The key to our freedom is to see how we constructed our own jail and how we're shackling ourselves to it today.

7. Consider each of the areas prompted on the worksheet. For some upsets, there'll be more responses related to "at the time" because they're focused on an event or a past behavior by someone else and how you were involved back then. Others are more "evergreen" - like an anger at some aspect of society that you feel is unfair or wrong. For those, your responses may relate more to "now" - when you're "doing resentment" around this thing, in what ways does that pattern of upset make you self-seeking, self-centered, and so on? And for some triggers, you'll want to draw a line down the middle of the box and answer for both "then" and "now." Use this process in the way that works best for your particular trigger.

You'll look at 5 areas:

- Where was I **self-seeking**: Acting on my own behalf. Grasping or self-centered behavior?
- Where was I **self-referencing**: Thinking about me, my opinions and desires, what others think of me, my own comfort? Focused on self-centered thoughts/motives/attitudes?

- Where am I/was I **dishonest**: Misrepresenting myself or reality in my own mind or to others? Lying to myself or others? Omitting, deluding, hiding, exaggerating, minimizing, rationalizing, excusing, projecting?
 - Where am I/was I **afraid**: In fear of not getting what I want or losing what I have?
 - Where am I responsible for/ **creating** my feelings/behavior when I am feeling this way? Then? How did I contribute to the original event? How am I creating my own feelings Now in my current reaction to this person/event?
8. Next, review ways that you have – at the time they were hurting or bothering you, before that, and possibly since then – harmed the other person or situation in question. Ask yourself, “what harm or emotional consequence did I cause this person/situation? What is the actual negative impact of my actions on them, intended or not?” You may not have hurt them. Just look honestly for ways they have been impacted by your action, inaction, and attitudes. Examine the impact on their body, mind, feelings, spirit, finances, and any other harm.
 9. Look for whether others were harmed or impacted by your participation in this situation or by your resentment itself. It’s okay if the answer is no. Just look honestly at what you’ve done, how you’ve been in your upset, and the effect it’s had on those around you, including yourself.
 10. In part 1, you wrote about fears at every step. Are there any other fears you’ve become aware of while doing either of these parts of the process? List them next.
 11. Especially as you use this process multiple times, you will recognize traits in yourself that cause you and others suffering. Don’t use that recognition to beat yourself up, but use it to grow the humility that you are human, with both beautiful gifts *and* learned strategies that got you through in the past, but that you’re ready to transcend. What counterproductive character trait(s) have you become aware of while completing the worksheet? Make a note of them. The last page of this document will give you some cues as to a few. I also do further processes with clients to unearth, release, and integrate their shadow traits so they can use their gifts and limit the harm they create.
 12. If you were to consider letting go of these hard feelings, what resistance arises? What do you perceive (even with a *part* of you) you would LOSE by releasing your upset? Do you think there’s some risk you take by letting go? Or is there some charge or reward you get by holding on? Write that down: Here’s why I hold on to this resentment.
 13. Finally, having looked at all the different facets of our ego that are hooked by this situation and all the ways we ourselves have participated in harming ourselves and others, internally at the very least, through this resentment, it’s time to consider a different viewpoint. Byron Katie asks, in *The Work*, “is there another, opposite idea that might possibly be *at least as true*?” And we look at that now: what would be the exact opposite of the role you THOUGHT you were playing in this scene? Might there be at least *some* truth to the opposite you just named? And/or is there a different role your writing has revealed to you – where you’re not the whole cause of the trouble, but you aren’t an innocent victim either? This is very ego-deflating to see we’re not as righteous, virtuous, done-wrong, or otherwise unassailable as our internal monologue might’ve portrayed us. But imagine a movie where the heroine is

mono-dimensionally good? She'd make you gag, right? You'd rather watch the story of someone who's lovably flawed. That's because it's more true to life. We all contain good and bad. We all benefit from holding ourselves accountable for our role in every situation, regardless of the other person's actions or attitudes. Nothing is truly black-and-white. So write down your actual role, in a more grounded way.: I now realize that I am actually the _____ (adjective) _____(noun). Sometimes this step will take your breath away as you see that whereas you'd thought you were the victim, you're a perpetrator as well, or whereas you thought you were powerless, you've got agency you haven't fully claimed.

Whatever you discover, it will be liberating and bring you closer to a grounded, spirit-infused experience of not only this situation but your whole life.

I adore this process and trust you will, too, to whatever extent you invest in practicing it and opening your heart and mind to its medicine.

The rest of this document will give you the part 1 and part 2 worksheets - 3 pages total - and then a filled-out version of each, with an example from my own life, followed by a prompt list you might use to nudge you to see pieces of your own role for your part 2 questions.

Please DM me on Instagram if you have questions or want to share wins. I LOVE hearing from you!

RESENTMENT REMODELING WORKSHEET – PART 1 – MY BELIEFS

My intention: _____

When I resent _____(person) for _____(the behavior or circumstance I'm bothered by) , I've got something in mind that would be better. According to my ego, the way things are going threatens or harms me. **How does it hurt, threaten, or interfere with my:**

<p>1. Self-Esteem: What is my deep (entitled or grandiose or aspirational) belief about who I am? <i>“Don't you realize? I am...”</i></p>	<p>I'm afraid...</p>
<p>2. Pride: How do I want other people to see me being treated? (Put yourself on a stage with the specific other person/people; imagine a relevant audience watching.) Others/everyone “should” see them treating me...</p>	<p>I'm afraid...</p>
<p>3. Ambition: What do I want to happen? What goal or dream am I attached to? I want...</p>	<p>I'm afraid...</p>
<p>4. Security: What do I need in order to be okay? Why? I need... Because...</p>	<p>I'm afraid...</p>
<p>5. Relationships: How do I expect this relationship “should” be? Consider roles: “They are my _____ mother/father/sibling/friend/boss/partner/employee, so they should...”</p>	<p>I'm afraid...</p>
<p>6 Sex (gender) relations: What is my belief about Men/Women? A real/ideal/ model/good man should always or is....</p> <p>A real/ideal/ model/good woman should always or is....</p> <p><i>* write about other gender(s) as appropriate</i></p>	<p>I'm afraid...</p>
<p>7. Pocketbook: What is my affected value? For example: money, material Security, emotional security, well-being, etc. Nothing should interfere with, affect or lessen my...</p>	<p>I'm afraid...</p>

RESENTMENT REMODELING WORKSHEET - PART 2 - MY MOTIVES

My intention: _____

CONSIDER: When I am disturbed by _____ (person or circumstance) for _____ (perceived misdeed or problem situation), I have a belief about my role - how I think I'm affected (from the analysis in Part 1). **My perceived role like a character in a play, when I hold this resentment:**

I believe I am the _____ (adjective) _____ (noun)
for example: *misunderstood hero, betrayed spouse, abused child, underappreciated good daughter*

Ask yourself: "Is the event itself TRUE or FALSE (Did it really happen? Circle one.)"

Disregarding the other person/entity involved and their role entirely, consider the following: Before, during and after the event or behavior I'm resenting, where was I (then) and/or where am I (now) :

1. **Self-seeking:** Acting on my own behalf. Grasping or self-centered behavior. When I feel this resentment, I...

2. **Self-referencing:** Thinking about me, my opinions and desires, what others think of me, my own comfort. Self-centered thoughts/motives/attitudes. When I feel this resentment, I...

3. **Dishonest:** Misrepresenting myself or reality. Lying to myself or others. Omitting, deluding, hiding, exaggerating, minimizing, rationalizing, excusing, projecting. When I feel this resentment, I...

4. **Afraid:** Fear of not getting what I want or losing what I have. When I feel this resentment, I...

5. **Where am I responsible for/ creating** my feelings/behavior - when I am feeling this way? **Then?** My contribution to the original event? **NOW?** In my **current** reaction to this person/event?

What *harm* or *emotional consequence* did I cause this person/situation?

What is the actual negative impact of **my** actions on **them**:

	<i>PRIOR TO/DURING</i>	<i>SINCE THE EVENT/NOW</i>
<i>Physical (Body)</i>		
<i>Mental (Mind)</i>		
<i>Emotional (Feelings)</i>		
<i>Spiritual (Relationship w/God)</i>		
<i>Financial (Money/Time)</i>		
<i>Other negative impacts</i>		

What specific harm did I cause to **other people** in and around this relationship?

Other *fears* not already listed that I have become aware of while completing this process:

The *counterproductive character trait(s)* that I've become aware of while completing this worksheet:

WHY I hold on to this resentment (the payoff I think I get/the risk I avoid by not letting it go):

The ACTUAL role I now see I play by holding on to these negative feelings (This may be the exact opposite of my **perceived role** as noted at the beginning of Part 2). I now **realize** that I am actually the _____ (adjective) _____ (noun).

EXAMPLE RESENTMENT REMODELING - PART 1 - MY BELIEFS

My intention: May I see the truth in this situation and be free from illusion, delusion, and reactivity

When I resent my husband (person) for falling asleep after work/coming down just in time for dinner (the behavior or circumstance I'm bothered by), I've got something in mind that would be better. According to my ego, the way things are going threatens or harms me. **How does it hurt, threaten, or interfere with my:**

<p>1. Self-Esteem: What is my deep (entitled or grandiose or aspirational) belief about who I am? <i>"Don't you realize? I am..."</i> <u>A wonderful wife, deserving of his presence and help</u></p>	<p>I'm afraid... <u>he takes me for granted</u></p>
<p>2. Pride: How do I want other people to see me being treated? (Put yourself on a stage with the specific other person/people; imagine a relevant audience watching.) <u>Others/everyone "should" see him treating me...</u> <u>With respect and adoration and full presence</u></p>	<p>I'm afraid... <u>I'm not really worthy of the respect and cherishing I want</u></p>
<p>3. Ambition: What do I want to happen? What goal or dream am I attached to? <u>I want... us to have great energy and deep intimacy as we make & eat dinner together</u></p>	<p>I'm afraid... <u>He's old or lazy or both and I'll never have full aliveness</u></p>
<p>4. Security: What do I need in order to be okay? Why? <u>I need... my husband to show up 100%</u> <u>Because... if he doesn't I don't know if I can handle it on my own</u></p>	<p>I'm afraid... <u>I need his energy to have enough energy myself</u></p>
<p>5. Relationships: How do I expect this relationship "should" be? Consider roles: "They are my _____ mother/father/sibling/friend/boss/partner/employee, so they should..." <u>He's my husband, so he's supposed to be there for me 100%, 100% of the time!</u></p>	<p>I'm afraid... <u>He's human and it's simply not good enough!</u></p>
<p>6. Sex (gender) relations: What is my belief about Men/Women? A real/ideal/ model/good man <i>should</i> always or is.... <u>A good man is present, adoring, thoughtful, and energetic</u> A real/ideal/ model/good woman <i>should</i> always or is.... <u>If I were truly a good woman my husband wouldn't let me down, a good woman inspires devotion and reliable presence</u> <i>* write about other gender(s) as appropriate</i></p>	<p>I'm afraid... <u>I'm not good enough</u></p>
<p>7. Pocketbook: What is my affected value? For example: money, material Security, emotional security, well-being, etc. <u>Nothing should interfere with, affect or lessen my... ability to count on my husband to be present</u></p>	<p>I'm afraid... <u>he's unreliable so I can't be happy</u></p>

RESENTMENT REMODELING EXAMPLE PART 2 - MY MOTIVES

My intention: May I see beneath my perceptions, discover my real role and feel freer and more loved

CONSIDER: When I am disturbed by Kurt (person or circumstance) for coming down just in time for dinner (perceived misdeed or problem situation), I have a belief about my role - how I think I'm affected (from the analysis in Part 1). **My perceived role like a character in a play, when I hold this resentment:** I believe I am the unappreciated & abandoned (adjective) wife (noun)
for example: misunderstood hero, betrayed spouse, abused child, underappreciated good daughter

Ask yourself: "Is the event itself TRUE or FALSE (*Did it really happen? Circle one.*) Kurt did fall asleep and not come down till 6pm, when we needed to eat before his 6:30 appointment.
Disregarding the other person/entity involved and their role entirely, consider the following: Before, during and after the event or behavior I'm resenting, where was I (then) and/or where am I (now):

1. **Self-seeking:** Acting on my own behalf. Grasping or self-centered behavior. When I feel this resentment, I...

made dinner, but resentfully (then)
am holding the grudge, not telling him what would make it better for me (now)

2. **Self-referencing:** Thinking about me, my opinions and desires, what others think of me, my own comfort. Self-centered thoughts/motives/attitudes. When I feel this resentment, I...

feeling sorry for myself making dinner without his help & companionship.
grumbling about him not getting up and coming to see me but missing the point that I could go wake him up and ask him to come down; assuming he KNOWS he's oversleeping. wrapped up in my own thoughts; not really considering his POV

3. **Dishonest:** Misrepresenting myself or reality. Lying to myself or others. Omitting, deluding, hiding, exaggerating, minimizing, rationalizing, excusing, projecting. When I feel this resentment, I...

Forgetting all the times he's single handedly made our dinner when I was tied up and may or may not have communicated well about where I was/what I needed.
Telling myself he has to come down but not that I could ask him to. Assigning meaning and working myself up about it, without being curious about his thoughts, feelings or needs. Ignoring that I don't know why he's so tired or what's up

4. **Afraid:** Fear of not getting what I want or losing what I have. When I feel this resentment, I...

Afraid I'll never have the intimacy I want. Afraid of him and me getting old and slow and slovenly and never having great sex or great trips or fun dinners together. Catastrophizing!

5. **Where am I responsible for/ creating** my feelings/behavior - when I am feeling this way?

Then? My contribution to the original event? **NOW?** In my **current** reaction to this person/event?

I didn't invite him to come down. Didn't tell him what I needed. Holding the resentment, I'm creating my own upset and fondling my fears.

What *harm* or *emotional consequence* did I cause this person/situation?

What is the actual negative impact of **my** actions on **them**:

	<i>PRIOR TO/DURING</i>	<i>SINCE THE EVENT/NOW</i>
<i>Physical (Body)</i>		
<i>Mental (Mind)</i>		
<i>Emotional (Feelings)</i>	I was grumpy when he did come down.	
<i>Spiritual (Relationship w/God)</i>		
<i>Financial (Money/Time)</i>		
<i>Other negative impacts</i>		I actually have been forthright with him, since I saw that I had more choice & agency than I'd told myself I had

6. What specific harm did I cause to **other people** in and around this relationship?

N/A - but if I'd acted out my resentment, talked trash to the kids about him or taken my frustrations out on them, that would have been harm I caused.

7. Other *fears* not already listed that I have become aware of while completing this process:

I did list this, but want to note that this bumped up against fears of aging/slowing down/frailty, which is a great thing to see and do some more exploration and releasing and perhaps planning or action around.

8. The *counterproductive character trait(s)* that I've become aware of while completing this worksheet:

Fearfulness - afraid of getting older or him getting older
 Feeling unworthy - afraid I don't deserve to have the love and joy I desire
 Dependence - relying on him for energy/help/whatever "or I can't have what I want"
 Self-pity - feeling sorry for myself vs. looking at what I want & asking for it directly

9. **WHY** I hold on to this resentment (the payoff I think I get/the risk I avoid by not letting it go):

When I'm hanging onto this I'm thinking that being upset with him about it will be helpful in not experiencing that "missing husband syndrome" again. I think the resentment is protective against future frustration and disappointment and pain. In truth, it ensures more pain and frustration and may lead me to cause harm to others.

The ACTUAL role I now see I play by holding on to these negative feelings (This may be the exact opposite of my **perceived role** as noted at the beginning of Part 2). I now **realize** that I am actually the under-communicative self-pitying (adjective) wife (noun).

Ideas/Prompts For Finding Your True Role in Part 2

What might be my own erroneous motives or actions in this situation? Might I have been...

SELFISH	DISHONEST	SELF SEEKING	FRIGHTENED (OF)
<ul style="list-style-type: none"> ● Not seeing others point of view, problems or needs ● Wanting things my way ● Wanting special treatment ● Wanting others to meet my needs – dependence ● Wanting what other have ● Wanting to control – dominance ● Thinking I'm better – grandiosity ● Wanting to be the best ● Thinking others are jealous ● Wanting others to be like me ● Being miserly, possessive ● Wanting more than my share ● Reacting from self-loathing, self-righteousness ● Too concerned about me ● Not trying to be a friend ● Wanting to look good or be liked ● Concerned only with my needs 	<ul style="list-style-type: none"> ● Not seeing or admitting where I was at fault ● Having a superior attitude – thinking I'm better ● Blaming others for my problems ● Not admitting I've done the same thing ● Not expressing feelings or ideas ● Not being clear about motives ● Lying, cheating, stealing ● Hiding reality – not facing facts ● Stubbornly holding on to inaccurate beliefs ● Breaking rules ● Lying to myself ● Expecting other to be what they are not ● Being perfectionistic ● Being perfectionistic 	<ul style="list-style-type: none"> ● Manipulating others to do my will ● Putting others down internally or externally to build me up ● Engaging in character assassination ● Acting superior ● Acting to fill a void ● Engaging in gluttony or lusting at the expense of another person. ● Ignoring other' needs ● Trying to control others ● Getting revenge when I don't get what I want ● Holding onto resentment ● Acting to make myself feel better 	<ul style="list-style-type: none"> ● Peoples' opinions ● Rejection, abandonment ● Loneliness ● Physical injury, abuse ● Not being able to control or change someone ● My inferiority, inadequacy ● Criticism ● Expressing ideas or feelings ● Getting trapped ● Exposure, embarrassment